

# Spiritual Power of Gratitude and Forgiveness

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## Abstract

Joe Vitale asked question to Dr. Hew Len about how exactly he healed violent patients without actually seeing each of them in person and without any medical treatment. He answered for that “I didn’t heal them. I healed part of myself that created them”. Dr. Hew Len was the most avid student and practitioner of MornnahSimeona and he observed healing powers of Ho’oponopono practically.

After 2017, researcher was under depression (till 2021) to find answer of her. Researcher tried to understand the meaning of Dr. Hew Len answered sentence researcher read many article on ho’oponopono process during March to December 2021 and practically apply everything on her and I have found very drastically changes in her life. ho’oponopono practice literally did a magic to me and pulled out me from depression.

Through this study researcher going to find that, there is any significance relation between ho’oponopono process and spiritual power of Gratitude and Forgiveness to clean yourself from negative vibe and prepare your subconscious mind for your joyful life.

**Keywords:** *Ho’oponopono, Hawaiian method, Spiritual powers of Gratitude, Spiritual powers of Forgiveness, Depression, Subconscious mind*

## 1. Introduction

Ho’oponopono is an ancient Hawaiian method of stress reduction, Ho’oponopono originated from Hawaii but it was taught by MornnahNalamakuSimeona. Mornnah was a great healer and she received a living treasure of Hawaii in 1983. She was teaching Ho’oponopono to hospitalized people as well as United Nations personnel. She was founder of “The Foundation of I, Self-Identity through Ho’oponopono”.

Dr. Hew Len was the most avid student and practitioner of MornnahSimeona of updated Ho’oponopono technique. Dr. Hew Len observed healing powers of Ho’oponoponopractically whenMornnahSimeonacured his daughter from painful skin disease without anyone’s help.

After that Dr. Hew Len collected proof of the healing miracles of Ho’oponopono process.

After Mornnah’s death, Dr. Hew Len pay utmost attention to her teaching and improve Ho’oponopono process. From 1984 till 1987 he worked as a staff psychologist for Hawaii State Hospital overseeing housing male

criminally insane patients. Admitted patients were psychiatric and committed murders, rapes and assaults. Violence against each other and staff members were common. But after 3 years later, violence almost ceased to exist and all patients were cured. How such miraculous did happen in the hospital, which was a question? But according to Dr. Hew Len, it was only the effect of updated Ho'oponopono process on a daily basis that included accepting 100% of responsibility for everything being experienced by him. (Zero Limits, page 142) .

## **2. What exactly is Ho'oponopono and how does it work?**

Ho'oponopono is the cleaning process. Why this clinging process is essential? That is very big questions. Fortunately researcher got the answer of this question from great book called "Zero Limits" which was written by Joe Vitale. In this book he wrote "You are 100% responsible for everything. Everything and everywhere! And it means not only your personal screwups and your personal successes. It means if someone somewhere did something and you became aware of that – you are 100% responsible for that". According to Joe Vitale, It's reminder of your creative powers and gentle welcome to your thoughts running in your subconscious mind. Clean negative and wrong thoughts from subconscious garbage because programs that runs in your subconscious mind will run your life without your participation. Negative thoughts will run your life with full of negativity and positive thought will run your life with full of joy and happiness. Dr. Hew Len pays utmost attention to clean up subconscious garbage using Ho'oponopono cleaning process.

Ho'oponopono cleaning process consists of repetitions of the following phrases:

- I Love You
- Please forgive me
- I am sorry
- Thank you These phrases repeated will ignite the self transformation process for the practitioner.

## **3. Experience 1:**

After my transfer (in 2017) from my native place to unknown place which is more than 190km far from my family. I was under depression (till 2021) and I was always thinking that to quite from life. I know that it is not a final answer of my depression but in reality it was too critical for me to live without my family (my son 6 year, daughter 7 month and my husband). I tried to understand the meaning of Dr. Hew Len answered sentence that was "I didn't heal them. I healed part of myself that created them". I read many article on ho'oponopono process during March to December 2021 and practically apply everything on myself. I was accepting and reciting ho'oponopono mantras since last 1 year (from January 2022) and I have found very drastically changes in myself. ho'oponopono practice literally did a magic to me and pulled out me from depression. It just gives me a way of life and made my life happy to divert my miserable depressed mind.

## **4. The spiritual powers of Gratitude**

The most powerful phrases here are: "I Love You" and "Thank You". The powers of Love and Gratitude are unquestionable in every self-empowerment teaching, school or religion.

- In Islamic holy Quran's sure al-Imran (The Family of Imran) 3:145 - If any Do desire a reward in this life, We shall give it To him; and if any Do desire a reward in the Hereafter, We shall Give it to him. And swiftly shall We reward those that (serve us with) gratitude" (source: <https://www.islamicity.org/5660/the-power-of-expressing-gratitude/>) it means, when our attitudes change and we become thankful for every small or big things in life we will see the world in a different way. not only negative events in life but also negative reaction to these events makes ones unhappy. The state of being unhappy is created by us.
- In Hindu holy book Gita 18.58 - Even if we can't be grateful for all situations, we can be grateful in all situations (Source : <https://www.hinduismtoday.com/magazine/june-1997/1997-06-two-powers-gratitude-and-appreciation/>) Gratitude is the key words for a better life. Gratitude casts to dissolve sadness. It is the medicine which heals subjective states of mind, restoring self-respect, confidence and security.

• In Christ Jesus. Philippians 4:6-7 - Gratitude helps us see that God's hand is all over our circumstances. When we give our thanks to God, he gives us supernatural peace by prayer and petition, with thanksgiving, present your requests to God. God transcends all understanding, gratitude in front of God will guard your hearts and your minds (Source: <https://lisaappelo.com/the-power-of-gratitude-12-benefits-of-giving-god-thanks/>)

• Guru Nanak, VarMajh, AGGS, Page, 143-4 –“The Manmukh are false to themselves; they feel no gratitude for what they have been given. Those who merely perform rituals of worship are not pleasing to their God and Master. Those who attain the True Akal Purkh and chant Its Name are pleasing to the It. They worship It and bow at Its Throne. They fulfill their pre-ordained destiny”.(Source:

<https://www.sikhphilosophy.net/threads/attitude-of-gratitude.24261/>). It means attitude of gratitude creates happiness because it makes us feel full and, complete. It is the realization that we have everything we need, at least in this moment. Gratitude is the fairest blossom which springs from the conscience. It is the highest appreciation, which cannot be uttered in words, but to live in. God willing (ਗੁਰਮੁਖਿ) always show gratitude and are pleasing to the Lord unlike self willed (ਮਨਮੁਖਿ) performing showy rituals as expressed by Guru Nanak in

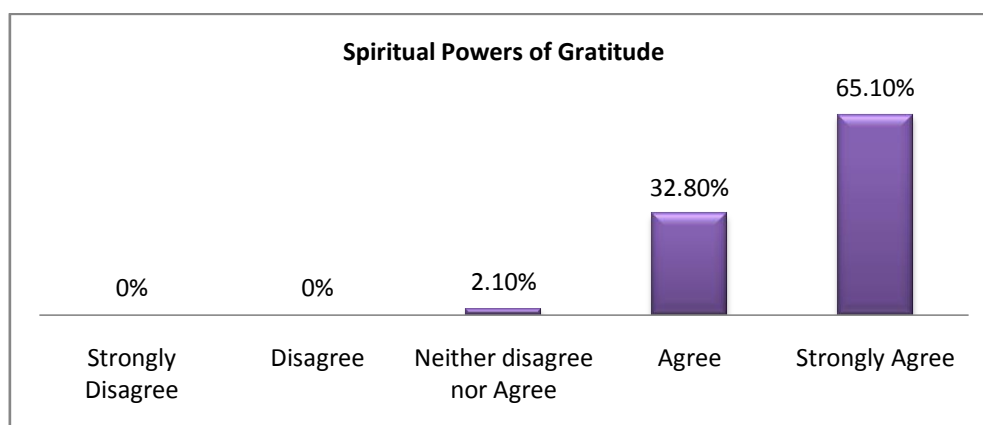
RaagMajh;

**Table 1** shows tabulated data about Spiritual powers of Gratitude

Community	Strongly Disagree	Disagree	Neither disagree nor Agree	Agree	Strongly Agree	Total
Christ	0	0	1	12	11	24
Hind	0	0	0	24	35	59
Islam	0	0	0	2	43	45
Sikh	0	0	1	9	15	25
Other	0	0	2	15	19	36
Total	0 (0%)	0 (0%)	4 (2.1%)	62 (32.8%)	123 (65.1%)	189 (100%)

(Source: Compiled by researcher)

**Graph 1** Spiritual powers of Gratitude



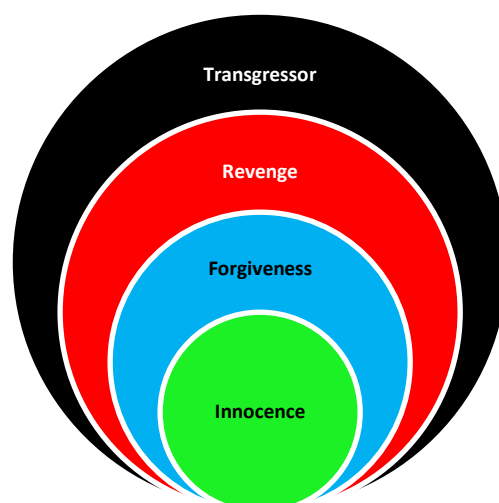
(Source: Compiled by researcher)

When researcher asked question to the 189 respondents about whether they experienced spiritual power of gratitude , researcher found that 0% respondents were disagree and 2.10% respondent have neutral opinion. But 65.10% respondents were strongly agreed and 32.80% respondents were agreed. Total 97.90% respondents have experienced spiritual power of gratitude.

## 5. The spiritual powers of Forgiveness

Spirituality is in relation to understanding of you and your inner mined which always find peace, love and happiness in life to interact with the outside world more positively and respectfully. (Larkin ElderonKaoa, John R. Peteetband Christopher C. H. Cook, 2020) this study explored that, sychologist Marsha Linehan experiencing a transformative spiritual moment and she facilitate her to cope with her illness. This was power of prayer to fight with illness.

The most powerful phrases of positively here are: “I am sorry” and “Please forgive me”. Forgiveness releases the feelings of anger and bitterness towards a person who has committed awrong thing. It is a process of neutralizing the tendency to exact revenge to releasing the transgressor from further transgression. Transgressor are always ready to take revenge but forgiveness is one of the weapon can convert Transgressor tendency to become innocence.



**Diagram 1: Journey from transgressor to Innocence (Source: Innovation by researcher)**

(Denton and Martin ,1998) also explained that the process can be intrapersonal, interpersonal, or combination of the two.The forgiveness came from the individual rather than from God as is the case in most spiritual and religious approaches to forgiveness (Strelan&Covic, 2006).In contrast to clinical and counseling approaches, new-age, spiritual, and religiousapproaches to forgiveness see a link between forgiveness and the concept of spirit, god, ahiger source, and/or the soul (Ferch; Lindquist, 1998).Religion and spirituality is cultivation of qualities such as gratitude, forgiveness, and humility (Olson, Knepple Carney, and Hicks Patrick2018; Peteet, 2014)

- In Islamic holyQur'an, “forgiveness” and “mercy “are mentioned around 100 and 200 times respectively in an entire chapter of the “Surah Rahman”.In holy Qur'an [Qur'an, 42:40] , it is mentioned that “The reward of the evil is the evil thereof, but whosoever forgives and makes amends, his reward is upon Allah.” Islam says,whoeverforgives others people from the bottom of their heart then Allah Almighty will give him best reward. Holy Qur'an says [Qur'an, 11: 3], “Seek Forgiveness of your Lord and repent to Him, [and] He Will Let you enjoy a good provision.” Forgiveness from Allah give you the healthy and strong body, Forgiveness saved from Fitnah and afflictions. Forgiveness gives us lawful money and expanded sustenance;ask forgiveness increase rewards and sins. (Source: <https://www.premiumtimesng.com/opinion/442363-the-importance-of-forgiveness-in-islam-by-murtadha-gusau.html?tztc=1>)

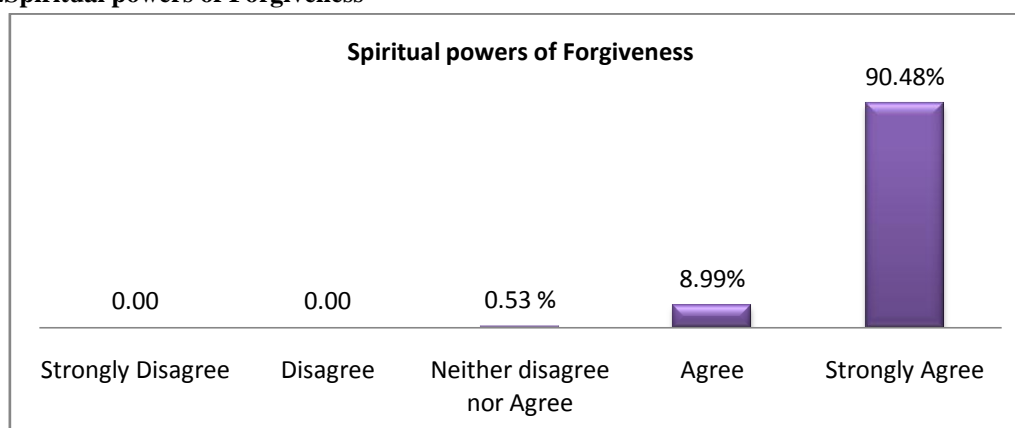
- In Hindu holy book Bhagavadgita (10.4) clearly states that forgiveness arises from God only. It is associated with other divine qualities such as intelligence, knowledge, freedom from delusion, truthfulness, control of the senses, control of the mind, fearlessness, nonviolence, austerity, charity, etc. One of the lessons of the Bhagavadgita is that we can seek the forgiveness of God by directly approaching him, and if our approach is sincere, we will surely be forgiven. (Source : <https://www.hinduwebsite.com/gita/wisdom/gita-day61.asp>)
- In Christ Jesus, the Bible offers tons of guidance on forgiveness. Colossians 3:13 “Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.” (Source : <https://www.countryliving.com/life/g32083109/bible-verses-about-forgiveness/> ) Some time willingly or unwillingly we done wrong and desire forgiveness from a parents, spouse, kids, family member, friend, or even a co-worker. Sometimes we most need forgiveness from is ourselves. And sometime someone is asking us for forgiveness. Giving forgiveness is very difficult for us by nature but receiving forgiveness is very easy.
- In Guru Granth Sahib, 1372 states that “ Where there is greed, there is death. Where there is forgiveness, there is God Himself” (Sources: <https://kaurlife.org/2015/09/29/forgive/#:~:text=Forgiveness%20is%20is%20a%20gift,has%20deserves%20it%20or%20not> )Revenge is not enjoyable this at all, It is only hollow feeling. Thinking about revenge fills your body with unnecessary stress and makes you sick, spiritually, mentally, and physically as well. Once you forgive someone, your body release all stress and you will start to get well. Forgiveness is not a sign of weakness but it’s an art of courage.

Table 2 shows tabulated data about Spiritual powers of Forgiveness

Community	Strongly Disagree	Disagree	Neither disagree nor Agree	Agree	Strongly Agree	Total
Christ	0	0	0	2	22	24
Hind	0	0	0	10	49	59
Islam	0	0	0	0	45	45
Sikh	0	0	0	0	25	25
Other	0	0	1	5	30	36
Total	0	0	1	17	171	189
	(0%)	(0%)	(0.53%)	(8.99%)	(90.48%)	(100%)

(Source: Compiled by researcher)

Graph 2 Spiritual powers of Forgiveness



(Source: Compiled by researcher)

When researcher asked question to the 189 respondents about whether they experienced spiritual power of Forgiveness, researcher found that 0% respondents were disagree and 0.53 % respondent have neutral opinion. But 90.48% respondents were strongly agreed and 8.99% respondents were agreed. Total 99.47% respondents have experienced spiritual power of Forgiveness.

## 6. Methodology

For finding the Correlation between Spiritual powers of Gratitude/Forgiveness & Depression, 55 people with a diagnosis of depression were interviewed about their conceptualizations of spirituality and religion, and whether or not this had an effect on their personal recovery from depression. The findings of this study are exploratory in nature. To study Correlation researcher used Ttest , and collect data from respondent using rating scale 1 to 10, 1 indicate low Depression, and 10 indicate high Depression. Researcher creates two groups 1) Depression rating before Forgiveness, 2) Depression rating after Forgiveness.

## Hypothesis

**Ho:**there is no significance difference between Depression rating before and after Forgiveness.

**Ha:**there is significance difference between Depression rating before and after Forgiveness.

**Table 3 shows tabulated data about Depression rating before and after Forgiveness**

Sr No	Depression rating before Forgiveness	Depression rating After Forgiveness	Sr No	Depression rating before Forgiveness	Depression rating After Forgiveness
1	10	2	29	5	2
2	9	1	30	6	2
3	8	4	31	8	2
4	8	3	32	4	2
5	8	5	33	5	4
6	7	1	34	6	2
7	8	2	35	9	3
8	9	1	36	8	3
9	9	1	37	9	5
10	9	4	38	9	3
11	7	4	39	9	2
12	8	1	40	5	3
13	7	2	41	4	2
14	10	3	42	9	2
15	6	5	43	10	2
16	6	5	44	10	4
17	8	4	45	5	1
18	5	4	46	9	4

19	6	3	47	8	1
20	9	2	48	8	1
21	9	1	49	9	1
22	7	1	50	9	5
23	7	1	51	9	6
24	5	2	52	7	4
25	4	5	53	8	1
26	8	6	54	8	2
27	8	2	55	8	5
28	5	3			

Table 4 shows T-value Calculation

Depression rating before Forgiveness	Depression rating After Forgiveness
$N_1:$ 55	$N_2:$ 55
$df_1 = N - 1 = 55 - 1 = 54$	$df_2 = N - 1 = 55 - 1 = 54$
$M_1:$ 7.53	$M_2:$ 2.76
$SS_1:$ 155.71	$SS_2:$ 119.93
$s^2_1 = SS_1/(N - 1) = 155.71/(55-1) = 2.88$	$s^2_2 = SS_2/(N - 1) = 119.93/(55-1) = 2.22$
$s^2_p = ((df_1/(df_1 + df_2)) * s^2_1) + ((df_2/(df_2 + df_2)) * s^2_2) = ((54/108) * 2.88) + ((54/108) * 2.22) = 2.55$ $s^2_{M1} = s^2_p/N_1 = 2.55/55 = 0.05$ $s^2_{M2} = s^2_p/N_2 = 2.55/55 = 0.05$ $t = (M_1 - M_2)/\sqrt{(s^2_{M1} + s^2_{M2})} = 4.76/\sqrt{0.09} = 15.64$	

Table 5 : shows Standers Deviation an Coefficient of Variance

Sr No	Depression rating before Forgiveness	Depression rating After Forgiveness
Count	55	55
Mean	7.527	2.763
Variance	2.883	2.220
SD	1.698	1.490
Coe of Variance	22.55 %	5.3.92 %

Table 6 :Result of T test for Depression

Level of Significance	5 % = 0.05
Degree of Freedom	108

Calculate value of T	15.64
Tabled Value of T (two-tailed)	~ 2.00
The <i>t</i> -value is 15.63683. The <i>p</i> -value is < .00001. The result is significant at <i>p</i> < .05.	

The two-tailed P value is less than 0.0001. By conventional criteria, this difference is considered to be extremely statistically significant. The mean of Depression rating before Forgiveness minus Depression rating After Forgiveness equals 4.76400. 95% confidence interval of this difference: From 4.16021 to 5.36779. The null hypothesis is rejected, since  $p < 0.05$  and accepts the alternate hypothesis that is, there is significance difference between Depression rating before and after Forgiveness.

The mean of Depression rating before Forgiveness is 7.527 which are more as compared with the mean of Depression rating after Forgiveness is 2.763. As a result after Forgiveness, Depression rating show normal between 2- 3 range i.e. low Depression.

### Blood Pressure Fluctuation before and after Forgiveness

For finding the Correlation between Blood Pressure Fluctuation before and after Forgiveness, 10 people having revenge feelings were interviewed about their revenge story and after that immediately checked Blood Pressure Fluctuation and after 100 time recitation of Hooponopono prayer again checked Blood Pressure Fluctuation whether or not this had an effect on their personal recovery from revenge feelings and depression. The findings of this study are exploratory in nature. To study the hypothesis, researcher used Rank Correlation Coefficient,

### Hypothesis

**H<sub>0</sub>:** Blood Pressure Fluctuation before and after Forgiveness is dependant.

**H<sub>a</sub>:** Blood Pressure Fluctuation before and after Forgiveness is independent.

**Table 7 : shows Blood Pressure Fluctuation**

Sr No	Blood Pressure Fluctuation before Forgiveness (SYSTOLI mm Hg Upper Number)	Blood Pressure Fluctuation after Forgiveness (SYSTOLI mm Hg Upper Number)
1	140	110
2	135	120
3	121	125
4	152	111
5	120	90
6	134	102
7	141	100
8	132	122
9	144	103
10	126	99

**Table 8 : shows Standers Deviation an Coefficient of Variance**

Sr No	Blood Pressure Fluctuation before Forgiveness (SYSTOLI mm Hg Upper Number)	Blood Pressure Fluctuation after Forgiveness(SYSTOLI mm Hg Upper Number)
Count	10	10
Mean	134.5	108.2
Variance	104.5	130.177
SD	10.222	11.409
Coe of Variance	7.6 %	10.45%

**Table 9 : Result of T test for BloodPressure Fluctuation**

Level of Significance	5 % = 0.05
Degree of Freedom	18
Calculate value of T	5.429
Tabled Value of T (two-tailed)	2.101
The <i>t</i> -value is 5.429. The <i>p</i> -value is < .00001. The result is significant at <i>p</i> < .05.	

The two-tailed P value is less than 0.0001 by conventional criteria; this difference is considered to be extremely statistically significant. The mean of Blood Pressure Fluctuation before Forgiveness (SYSTOLI mm Hg Upper Number) minus Blood Pressure Fluctuation after Forgiveness (SYSTOLI mm Hg Upper Number) equals 26.30000. 95% confidence interval of this difference: From 16.12289 to 36.47711.

The null hypothesis is rejected, since  $p < 0.05$  and accepts the alternate hypothesis that is, Blood Pressure Fluctuation before and after Forgiveness is independent. The mean of Blood Pressure Fluctuation before Forgiveness (SYSTOLI mm Hg Upper Number) is 134.5 which are more as compared with the mean of Blood Pressure Fluctuation after Forgiveness (SYSTOLI mm Hg Upper Number) is 108.2. As a result after Forgiveness, Blood Pressure show normal between 80-120 range.

## 7. Conclusion

Ho'oponopono is an ancient Hawaiian method of stress reduction, Ho'oponopono is the cleaning process. Joe Vitale In his book wrote "You are 100% responsible for everything. Everything and everywhere! And it means not only your personal screwups and your personal successes. Clean negative and wrong thoughts from subconscious garbage because programs that runs in your subconscious mind will run your life without your participation. Negative thoughts will run your life with full of negativity and positive though will run your life with full of joy and happiness. Dr. Hew Len pays utmost attention to clean up subconscious garbage using Ho'oponopono cleaning process. Ho'oponopono cleaning process is a combination of Gratitude and Forgiveness. The most powerful phrases of positively here are: "I am sorry" and "Please forgive me". Forgiveness releases the feelings of anger and bitterness towards a person who has committed a wrong thing.

Religion and spirituality is cultivation of qualities such as gratitude, forgiveness, and humility. In this study, total 99.47% respondents from Islam, Hindu, Crist and Sikha religion have experienced spiritual power of Forgiveness and 97.90% respondents have experienced spiritual power of gratitude. From this study researcher

found that, Blood Pressure show normal between 80-120 range after Forgiveness and Blood Pressure show high between 120-152 range before Forgiveness.

Researcher has found very drastically changes in her life after ho'oponopono practice and pulled out herself from depression. Thus researcher concludes that, everyone should accept spiritual power of Gratitude and Forgiveness to clean yourself from negative vibe and prepare your subconscious mind for your joyful life.

#### Data availability statement

The raw data required to reproduce the above findings are available to download from Link 1 or from Link 2.

- Link 1 : [https://docs.google.com/spreadsheets/d/1NEGQQyD4gaT\\_vrbREBwH9xCzWncJ8w0W/edit?usp=share\\_link&oid=109380965903072885892&rtpof=true&sd=true](https://docs.google.com/spreadsheets/d/1NEGQQyD4gaT_vrbREBwH9xCzWncJ8w0W/edit?usp=share_link&oid=109380965903072885892&rtpof=true&sd=true)
- Link 2: <https://tinyurl.com/23mrwnb3>

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