

### "Forgiveness Is..."

Forgiveness is finally finding the key to that lock.  
Forgiveness is being wired without feeling a shock.  
Forgiveness is being set free from someone's cage.  
Forgiveness is shouting loud while feeling no rage.  
Forgiveness is letting all poison drain from my heart.  
Forgiveness is no longer feeling like I'm torn apart.  
Forgiveness is God's action in giving me His grace.  
Forgiveness is knowing I can move on from this place.  
Forgiveness is going to bring us relief and healing.  
Forgiveness is what I hope and pray you are feeling.

JAKE L  
North Dakota

# Thank You FOR READING!

Below are some questions to reflect on from this piece. Feel free to also use one as a conversation starter with a fellow reader, or even a loved one on the outside!

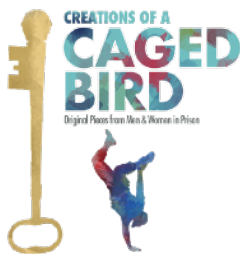
***Have you ever felt the kind of relief and joy Jake describes after letting go of the weight of a resentment or grudge?***

***That kind of relief can take many forms, from the gentle peace some writers have described to the excitement and action we see in Jake's poem. How would you describe the freedom that forgiving someone, or forgiving yourself, has brought you—or might bring you in the future?***

We'd love to hear what you thought of the piece, or if you've had any meaningful conversations as a result. Or perhaps you'd like to share an expression of your own (visual art or creative writing). You are always welcome to write to us at Shining Light at P.O. Box 267, Annville, PA 17003.

*\*Note: We will not be able to provide a response to your letter or receipt of your submission, but know that we value your feedback and contributions and will take them seriously.*

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