

"I Forgive You Because..."

I forgive you because I don't want to hold on to the anger anymore. I don't want to stay locked into this pain. I forgive you because the burden of past hurts, past actions are getting too heavy, leaving me worn out, empty, and drained. I forgive you because I want to heal, not because either of us deserves it. I forgive you because I want to move forward, not look back anymore. For these reasons, I hope you forgive me too. For you.

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!

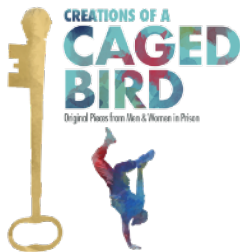
In this poem Jake is expressing what many incarcerated people experience, which is the need to forgive themselves. Consider his line "I forgive you because I want to heal, not because either of us deserves it." Can you think of someone you'd like to be able to say this to?

Can you see a path toward forgiving both yourself and others?

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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