

**FORGIVE, WE CAN,**  
**FORGET, WE CAN 'T**  
*Forgiving and forgetting is divine*  
*Forgiving and not forgetting is human*  
*Do not feel guilty for being human.*  
*Yet let's strive to be divine*

P.Ribes, s.j.

A good and scrupulous person told his confessor: "Father, there is some thing that worries me a lot. I feel guilty for not being able to forget the people that wrong and hurt me".

His Confessor replied: "I'll give you my advice, it will be hard. Will you be willing to take it?"

Look, from now on, every time a person hurts or insults you, hammer a big nail into the wooden door of your room.

"But, Father" he said, the door will get thoroughly spoiled! "Never mind" Father replied. "do it, all the same. You will not regret" "Next," Father added: "every time you forgive the person who hurt you, go back to your room and draw out that nail from the door. After some days, meet me again"

A few weeks later, the penitent met his Confessor. Father asked him: "By now, my friend, how many nails are still fixed on your door?" He replied: "None, Father,...but the door is full of holes and bruises

With a smile, Father remarked, "So, I see that you have already forgiven all your enemies! However, I caution you, that the bruises and holes caused by those injuries in your heart still will remain as much as the holes of the nails in the door of your room!

Do not bother about them. Remember: **Forgive we can, forget we can't**" We are puny humans and God knows it!

**when God forgives us the wrongs we did, He forgets them too!**  
**Unfortunately, when we - human beings - forgive the wrongs done to us,**  
**the scarsholes, and the bruises will remain in our minds and hearts.**  
**Only God can erase them for us.**