

# Beauty for Ashes: The Healing Path of Forgiveness



Over the years and in my efforts to find peace and healing on the path of forgiveness, I came to realize in a profound way that the same Son of God who atoned for my sins is the same Redeemer who will also save those who have deeply hurt me. I could not truly believe the first truth without believing the second.

As my love for the Savior has grown, so has my desire to replace hurt and anger with His healing balm. It has been a process of many years, requiring courage, vulnerability, perseverance, and learning to trust in the Savior’s divine power to save and heal. I still have work to do, but my heart is no longer on a warpath. I have been given “a new heart” [Ezekiel 36:26]—one that has felt the deep and abiding love of a personal Savior, who stayed beside me, who gently and patiently led me to a better place, who wept with me, who knew my sorrow. . . .

Elder Richard G. Scott said: “You cannot erase what has been done, but you can forgive. Forgiveness heals terrible, tragic wounds, for it allows the love of God to purge your heart and mind of the poison of hate. It cleanses your consciousness of the desire for revenge. It makes place for the purifying, healing, restoring love of the Lord” [“Healing the Tragic Scars of Abuse,” *Ensign*, May 1992, 33].

My earthly father has also had a miraculous change of heart in recent years and has turned to the Lord—something I wouldn’t have anticipated in this life. Another testimony to me of the complete and transformative power of Jesus Christ.

I know He is able to heal the sinner and those sinned against. He is the Savior and the Redeemer of the world, who laid down His life that we might live again. He said, “The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to *heal the brokenhearted*, to preach deliverance to the captives, and recovering of sight to the blind, to *set at liberty them that are bruised*” [Luke 4:18; emphasis added].

To all who are brokenhearted, captive, bruised, and perhaps blinded by hurt or sin, He offers healing, recovery, and deliverance. I testify that that healing and recovery He offers is real. The timing of that healing is individual, and we cannot judge another’s timing. It is important to allow ourselves the necessary time to heal and to be kind to ourselves in the process. The Savior is ever merciful and attentive and stands ready to provide the succor we need.

On the path of forgiveness and healing lies a choice not to perpetuate unhealthy patterns or relationships in our families or elsewhere. To all within our influence, we can offer kindness for cruelty, love for hate, gentleness for abrasiveness, safety for distress, and peace for contention.

To give what you have been denied is a powerful part of divine healing possible through faith in Jesus Christ. To live in such a way that you give, as Isaiah has said, beauty for the ashes of your life [see Isaiah 61:3] is an act of faith that follows the supreme example of a Savior who suffered all that He might succor all. . . .

I testify that the greatest example of love and forgiveness is that of our Savior, Jesus Christ, who in bitter agony said, “Father, forgive them; for they know not what they do” [Luke 23:34]. (Kristin M. Yee, “Beauty for Ashes: The Healing Path of Forgiveness,” *Liahona*, Nov. 2022, 37–38)