

Welcome to The Little Garden. We present classes in many formats to help with your study of *A Course in Miracles*. Our goal is to inspire students of *A Course in Miracles* to read and study the Course for themselves, and to practice it as written.

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PART I

LESSON 46. God is the Love in which I forgive.

W-46.1. God does not forgive because He has never condemned. 2 And there must be condemnation before forgiveness is necessary. 3 Forgiveness is the great need of this world, but that is because it is a world of illusions. 4 Those who forgive are thus releasing themselves from illusions, while those who withhold forgiveness are binding themselves to them. 5 As you condemn only yourself, so do you forgive only yourself.

W-46.2. Yet although God does not forgive, His Love is nevertheless the basis of forgiveness. 2 Fear condemns and love forgives. 3 Forgiveness thus undoes what fear has produced, returning the mind to the awareness of God. 4 For this reason, forgiveness can

truly be called salvation. 5 It is the means by which illusions disappear.

W-46.3. Today's exercises require at least three full five-minute practice periods, and as many shorter ones as possible. 2 Begin the longer practice periods by repeating today's idea to yourself, as usual. 3 Close your eyes as you do so, and spend a minute or two in searching your mind for those whom you have not forgiven. 4 It does not matter "how much" you have not forgiven them. 5 You have forgiven them entirely or not at all.

W-46.4. If you are doing the exercises well you should have no difficulty in finding a number of people you have not forgiven. 2 It is a safe rule that anyone you do not like is a suitable subject. 3 Mention each one by name, and say:

4 God is the Love in which I forgive you, [name].

W-46.5. The purpose of the first phase of today's practice periods is to put you in a position to forgive yourself. 2 After you have applied the idea to all those who have come to mind, tell yourself:

3 God is the Love in which I forgive myself.

4 Then devote the remainder of the practice period to adding related ideas such as:

5 God is the Love with which I love myself

6 God is the Love in which I am blessed.

W-46.6. The form of the application may vary considerably, but the central idea should not be lost sight of. 2 You might say, for example:

3 I cannot be guilty because I am a Son of God.

4 I have already been forgiven.

5 No fear is possible in a mind beloved of God.

6 There is no need to attack because love has forgiven me.

7 The practice period should end, however, with a repetition of today's idea as originally stated.

W-46.7. The shorter practice periods may consist either of a repetition of the idea for today in the original or in a related form, as you prefer. 2 Be sure, however, to make more specific applications if they are needed. 3 They will be needed at any time during the day when you become aware of any kind of negative reaction to anyone, present or not. 4 In that event, tell him silently:

5 God is the Love in which I forgive you.

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