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Forgiveness In The Quran: A Path To Spiritual And Emotional Well-Being

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Abstract:

Forgiveness is a virtue celebrated across religious traditions and has been shown to have numerous psychological and health benefits. This is the part of being human to make mistakes. These mistakes and errors are sometimes by intention and sometimes without deliberation and intention so he always in need of forgiveness. As it is said “to err is human and to forgive is divine”. Forgiveness, tolerance and kindness hold a very special and prominent position in Islamic teachings and edifice. Al Afuw (The pardonar), Al-Ghafoor (The forgiving), Al Ghaffaar (The all forgiving) are three of Asma Al-Husna (The beautiful names of Allah). Thus, forgiving is an eternal attribute of Allah. Allah has decreed some religious duties on every Muslim. Performing these duties is greatly rewarded and regarded as atonement for a Muslim's sins and source of forgiveness. In the Islamic faith, forgiveness holds great significance and is encouraged as a means of self-purification, personal growth, and fostering strong relationships with both individuals and the Divine. This article explores the teachings of the Quran on forgiveness, highlighting the virtues associated with it and clarifying common misconceptions. It also delves into a significant event in the life of Prophet Muhammad (pbuh) and his companion Abu Bakr, showcasing the profound impact of forgiveness. The article concludes by emphasizing the importance of forgiveness in seeking closeness to Allah and its role in nurturing a harmonious society.

Keywords: Forgiveness in the Quran. Quranic teachings, divine attribute, self-improvement, psychological benefits

Introduction:

The Quran, a source of divine wisdom and guidance, promotes forgiveness as an essential attribute for believers. This article explores the virtues of forgiveness, its significance in Islamic teachings, and its impact on personal well-being and relationships. The Quran, is a rich source of wisdom and guidance that provides a comprehensive framework for living a balanced and righteous life. One key concept that is emphasized throughout the Quran is the importance of forgiveness. This virtue is not only seen as a means for self-improvement and purification but also as a way of fostering harmonious relationships among people and between humans and their Creator. In this article, we will delve into the significance of forgiveness in the Quran, its various dimensions, and the benefits it offers for our spiritual, mental, and emotional well-being. Mankind is divided based on religious beliefs and the core teachings of every religion based upon moral values and ethics not only for fellow human beings, rather they taught good treatment even toward animals.

Likewise, in Islamic teachings it is very much recommended to practice kindness, forgiveness and reconciliation to create harmony between individuals and society.

The root word of Islam is “*salm*” which means “peace”. A common everyday greeting among Muslims is “*Assalamu alaykum*” means may the peace, mercy and blessings of Allah be with you. Thus, the whole teachings of Islam are based upon peace, kindness, tolerance and forgiveness. The concept of forgiveness given by Islam is very vast and unique. Forgiveness can be taken in the meaning of leaving an account of wrongdoing, offence or evil against Allah or any of His creation. As stated by renown Islamic scholar Ibn al-Qayyim al-Jawziyyah that

“Forgiveness is the act of relinquishing the right of avenging while one had the power to do so with the feelings of *Ihsan*(excellence of faith)and generosity”¹

The real essence of forgiveness is for the sake of Allah’s forgiveness in hereafter as well as to acquire Allah’s pleasure in both worlds thus this concept is not mere worldly but metaphysical too. However, seeking forgiveness must base on sincerity and determination of not repeating the sin or offense again. A wrongdoing, felony or offense, can be against the Allah, human, society or other creations of Allah (animals, plants etc).

Therefore, in Islam the concept of forgiveness can be categorized as, the first approach is Allah’s forgiveness for His creatures and the other one is human forgiveness for each other. Both dimensions are associated with each other.

The Universality and Importance of Forgiveness:

Forgiveness is a highly esteemed quality across diverse religious and cultural traditions. It is regarded as a moral cornerstone that brings individuals closer to the divine. Beyond its spiritual dimensions, forgiveness also has well-documented psychological benefits. Research has shown that embracing forgiveness can alleviate stress, depression, and anxiety, leading to enhanced self-esteem and greater life satisfaction¹.

- Moreover, studies have revealed that the active practice of forgiveness can have a positive impact on one's physical health, including a reduced risk of heart attacks, improved cholesterol levels, and decreased pain and blood pressure². Thus, forgiveness is a multifaceted virtue that enriches our lives on various levels. Recognizing the utmost importance of forgiveness, it becomes evident that harboring a grudge is comparable to consuming a self-inflicted toxin, with the futile expectation that it will afflict the other party. This choice burdens us with the weight of negativity and festering resentment, impeding our personal growth and emotional well-being³. Grudges, besides being emotionally exhausting, fail to fulfill their intended purpose. They do not provide genuine solace or facilitate the healing of our emotional wounds. Instead, they transform us into proprietors of bitterness, while our deep-seated yearning for true inner peace remains unsatisfied, as it has since the initial offense. We may attempt to externalize our grudges, symbolically holding them at a distance to substantiate our endured suffering, serving as a perpetual reminder of our pain and perceived entitlement to retribution. Nevertheless, it is imperative to recognize that our grudge becomes disconnected from the depths of our own hearts. Although it originates from our personal anguish, it progressively morphs into a construct of the mind—a narrative that perpetuates our sense of victimhood. Consequently, our grudge evolves into an immense barrier, obstructing the inflow of compassion and forgiveness that is necessary for authentic healing. Tragically, in our pursuit of empathy by holding onto resentment, we inadvertently deprive ourselves of the very empathy required to liberate our hearts and embrace the transformative power of forgiveness.

Forgiveness holds great significance in the human experience, transcending religious boundaries. It is a universal concept that resonates with our inherent need for growth and healing. Throughout history, humans have been prone to making mistakes and committing errors, recognizing their fallibility. Regardless of religious beliefs, the act of realizing one's wrongdoings and seeking forgiveness is regarded as virtuous and beloved. The notion that we can turn back to a higher power, acknowledging our faults and seeking redemption, is a testament to the compassion and mercy that is inherent in humanity⁴. It is through genuine repentance that we are granted the strength to abstain from repeating our mistakes. However, when we choose to ignore our accountability and persist in our transgressions, we hinder our own growth and distance ourselves from the path of forgiveness. In various spiritual texts, including the Quran, we find clear exhortations to seek forgiveness and turn towards the Divine. This act of seeking forgiveness not only brings us closer to our Creator but also brings inner peace and solace to our hearts. It is a reminder that we are not defined solely by our past actions, but rather by our capacity to learn, grow, and forgive. Furthermore, forgiveness is not limited to seeking absolution from a higher power; it extends to our relationships with others. The ability to pardon and let go of grudges is a reflection of our own inner strength and empathy. It is an act of liberation that frees us from the burden of negativity and resentment, allowing us to embrace compassion and foster deeper connections with those around us. Regardless of our individual beliefs, forgiveness serves as a transformative force that holds the potential to heal wounds, restore relationships, and nurture a more harmonious existence. It is a reminder of our shared humanity and the power we hold to transcend our past mistakes, offering the gift of forgiveness to ourselves and others. Thus, Forgiveness is highly regarded in Islam, representing compassion, tolerance, and kindness. It serves as a form of self-purification and personal growth, enabling individuals to rise above negativity and resentment. Moreover, forgiveness strengthens relationships, fostering harmony within communities.

Forgiveness in the Quran:

Quranic Verses on Forgiveness emphasize the universal nature of human fallibility and the importance of seeking forgiveness from Allah. Every human, from Adam (Alaih-i-salam) to the present day, is prone to making mistakes and committing sins. However, it is essential for individuals to recognize their errors and turn back to Allah in repentance. Allah, being compassionate and merciful, forgives those who sincerely repent and grants them the strength to avoid repeating their transgressions. On the contrary, those who persist in their sins without repentance are likened to those who commit 'Shirk' and become infidels. The Quran clearly instructs people to seek forgiveness from their Lord and repent, promising abundant rain and increased strength as rewards. Those who remember Allah, display piety, and demonstrate kindness towards His creation are promised high ranks and forgiveness. Allah loves those who show kindness to their relatives, the poor, and those who strive in His cause, urging them to pardon and forgive. By obeying Allah and the Messenger, individuals can obtain mercy and strive towards the forgiveness and expansive rewards that await in Paradise.

¹¹ **Forgiveness Therapy** Enright, R.D., & Fitzgibbons, R., 2015

² Berry, J. W., Worthington, E. L., Jr., Parrot, I., L., O'Connor, L. E., & Wade, N. G. (2001). Dispositional Forgiveness: Development And Construct Validity Of The Transgression Narrative Test Of Forgiveness (Tntf). *Personality & Social Psychology Bulletin*, 27, 1277-1290.

³ **Forgiveness and Health: Scientific Evidence and Theories Relating Forgiveness to Better Health** Toussaint, L.L., Worthington, E.L., & Williams, D.R., 2015

⁴ Berry, J. W., Worthington, E. L., Jr., Parrot, I., L., O'Connor, L. E., & Wade, N. G. (2001). Dispositional forgiveness: Development and construct validity of the Transgression Narrative Test of Forgiveness (TNTF). *Personality & Social Psychology Bulletin*, 27, 1277-1290.

The Quranic verses emphasize the importance of seeking forgiveness and encourage individuals to march forth on the path of forgiveness and righteousness. They also remind believers to hold onto forgiveness, promote goodness, and avoid ignorant behavior. Islam, as a compassionate and humanistic religion, acknowledges the emotional turmoil individuals may experience after committing undesirable actions. It emphasizes that time is required for healing, forgiveness, and moving forward. The Quran contains numerous verses that encourage forgiveness and seeking forgiveness. Selected verses, such as Quran 2:263, Quran 15:85, and Quran 42:37, highlight the importance of forgiveness over material acts of charity and the virtues of gracious forgiveness and forgiveness even in moments of anger.

- Allah the Exalted said:

وَلْيَعْفُوا وَلْيَصْفَحُوا ۗ أَلَا تُحِبُّونَ أَنْ يَغْفِرَ اللَّهُ لَكُمْ ۗ وَاللَّهُ غَفُورٌ رَحِيمٌ

Let them pardon and overlook. Would you not love for Allah to forgive you? Allah is Forgiving and Merciful. (Surat An-Nur 24:22)

- And Allah said:

خُذِ الْعَفْوَ وَأْمُرْ بِالْعُرْفِ وَأَعْرِضْ عَنِ الْجَاهِلِينَ

Show forgiveness, enjoin what is good, and turn away from the ignorant. (Surat Al-A'raf 7:199)

- And Allah said:

وَإِنَّ السَّاعَةَ لَآتِيَةٌ ۖ فَاصْفَحِ الصَّفْحَ الْجَمِيلَ

Verily, the Hour is coming, so forgive them with gracious forgiveness. (Surat Al-Hijr 15:85)

- And Allah said:

الَّذِينَ يُنْفِقُونَ فِي السَّرَّاءِ وَالصَّرَّاءِ وَالْكَاظِمِينَ الْغَيْظَ وَالْعَافِينَ عَنِ النَّاسِ ۗ وَاللَّهُ يُحِبُّ الْمُحْسِنِينَ

The believers are those who spend in charity during ease and hardship and who restrain their anger and pardon the people, for Allah loves the doers of good. (Surat Ali Imran 3:13)

- And Allah said:

وَالْمَلَائِكَةُ يُسَبِّحُونَ بِحَمْدِ رَبِّهِمْ وَيَسْتَغْفِرُونَ لِمَنْ فِي الْأَرْضِ ۗ إِنَّ اللَّهَ هُوَ الْغَفُورُ الرَّحِيمُ

The angels glorify and praise their Lord and seek forgiveness for those on the earth. Verily, Allah is the Forgiving, the Merciful. (Surat Ash-Shura 42:5)

- And Allah said:

وَلَمَنْ صَبَرَ وَغَفَرَ ۖ إِنَّ ذَلِكَ لَمِنْ عَزْمِ الْأُمُورِ

Whoever is patient and forgives, verily, that is among the matters of steadfast determination. (Surat Ash-Shura 42:43)

- And Allah said:

قُلْ لِلَّذِينَ آمَنُوا يَغْفِرُوا لِلَّذِينَ لَا يَرْجُونَ أَيَّامَ اللَّهِ لِيَجْزِيَ قَوْمًا بِمَا كَانُوا يَكْسِبُونَ

Say to those who believe that they should forgive those who expect not the days of Allah, as it is for Him to recompense people for what they have earned. (Surat Al-Jathiyah 45:14)⁵

In the noble Qur'an, Allah Almighty emphasizes that kind speech and forgiveness are superior to charity. The verse states that a gentle and forgiving word holds greater value than giving charity accompanied by hurtful remarks. Allah, being the Forgiving, highlights the importance of forgiveness. When seeking forgiveness, Muslims must strive to avoid knowingly repeating the same sins. It is essential to hold Allah in high regard, acknowledging His might, justice, wrath, but also His mercy and forgiveness. May Allah grant us the strength to forgive others and seek forgiveness from them. As devoted servants of Allah, we are aware of the numerous Qur'anic verses that emphasize the significance of forgiveness in our lives. Now comes the challenging part - putting it into practice. Have you genuinely forgiven others for the wrongs they have done? Have you ever claimed to forgive but still harbored resentment? Let's reflect on a portion of this beautiful verse: "Let them forget and pardon. Wouldn't you like Allah to forgive you? And Allah is Forgiving, Merciful." (Qur'an, 24:22) Allah Almighty reveals the greatest motivation to suppress our ego and forgive others, even if they do not seek forgiveness. This is why forgiveness holds such immense importance. To receive forgiveness from Allah, we must let go of our ego. Often, we only think of Allah's forgiveness when contemplating forgiveness, forgetting the importance of our own forgiveness towards others. Both are crucial because we cannot expect Allah Almighty to forgive us if we are unwilling to forgive others. Scientists in America have discovered that practicing forgiveness significantly reduces stress-related ailments such as stomachaches, backaches, and insomnia. Forgiving others not only improves our physical well-being but also lightens our hearts. It becomes a source of reward from Allah Almighty and a valuable productivity tip. The journey to the Hereafter is not without challenges. It tests us and helps us grow. This includes experiencing wrongs from others. However, we must remember that these hurts are temporary if we genuinely seek Allah's forgiveness and love.

Quranic Teachings on Forgiveness

The Quran contains numerous verses that encourage both offering forgiveness and seeking it. Here are some examples:

- "Kind speech and forgiveness are better than charity followed by injury..." [Quran 2:263]
- "And We did not create the heaven and the earth and that between them in play. Indeed, the Hour is coming - so forgive graciously." [Quran 15:85]
- "And those who avoid the major sins and immoralities, and when they are angry, they forgive..." [Quran 42:37]

In the **first** verse, the Quran highlights that kind words and forgiveness, which have no monetary value, are more pleasing to God than charity accompanied by hurtful behavior. This underscores the significance of forgiveness in Islam, as charity is not just a commendable act but also an obligatory one.

⁵ <https://www.abuaminaelias.com/forgiveness-in-the-quran-and-sunnah/>

The **second** verse calls for sincere and gracious forgiveness, emphasizing the urgency of offering it due to the approaching Hour of Judgment.

The **third** verse describes believers as those who, when angered, choose to forgive. This suggests that the Quran acknowledges anger as a natural human emotion and not inherently negative. However, true believers are those who can let go of their anger and embrace forgiveness.

Allah Almighty is the core source of forgiveness and He is the only ultimate authority who can forgive. Furthermore, He forgives sins against Him without asking for anything in reward and promises to forgive those who seek His forgiveness:

“Allah forgiveth not that partners should be set up with Him; but He forgiveth anything else, to whom He pleaseth; to set up partners with Allah is to devise a sin Most heinous indeed.” (4:48)

Allah is considered the most forgiving entity in Islamic edifice as reflects in His many names and particularly in three names. These three names which refer to Allah’s forgiveness are occurring almost ninety-eight times in Holy Quran. *Al-Ghafir* means the forgiver, whereas the names *Al-Ghafir* (The all forgiving) and *Al-Ghaffar* (The ever forgiving) are more categorical, demonstrating that Allah is most forgiving, oft-forgiving.

There are some other names of Allah which are indication of His mercy, Kindness and forgiveness and repeatedly mentioned in Quran. For example: *Al-Afium* (to restore, to release) *Al-Tawwab* (The Acceptor of repentance and forgiveness) *Al-Haleem* *Al-Raheem* (The Compassionate) (The Clement) *Al-Raheem* (The Compassionate) *Al Rahman* (Most Merciful).

Forgiveness in the Life of Prophet Muhammad (pbuh)

Many Quranic verses were revealed in response to specific events in the life of Prophet Muhammad (pbuh). One such verse on forgiveness was revealed during a period when the Prophet's wife, Aisha, was falsely accused and slandered in her community. Aisha was the daughter of one of the Prophet's closest companions, Abu Bakr. Mistah, Abu Bakr's financially dependent cousin, was among those responsible for spreading the false rumors about Aisha.

When Aisha was eventually cleared of the accusations through divine revelation, Abu Bakr ceased his financial support to Mistah. Following this, the Quran revealed the following verse:

"Let not those of virtue among you and wealth swear not to give [aid] to their relatives and the needy and the emigrants for the cause of Allah, and let them pardon and overlook. Would you not like that Allah should forgive you? And Allah is Forgiving and Merciful." [Quran 24:22]

Upon hearing this verse, Abu Bakr exclaimed, "By Allah, we do want that Allah should forgive us!" and resumed and increased his financial support to Mistah. This incident demonstrates the high standard of forgiveness set by the Prophet's Companions, which the Quran encourages all believers to aspire to.

It is stated in Qur'an that Allah have the ultimate power of judgment, reward and punish, He has full liberty to not punish or forgive any sinner. Nevertheless, as His mercy and love is limitless and infinite Thus, He loves to forgive.

The Prophet said:

"A slave sinned and said, 'O Allah, forgive me my sin.' Allah said: "My servant sinned and knew that he has a Lord who forgives sins and punishes for them". Then he sinned again and said: "O Lord, forgive me my sin". Allah said: "My servant sinned and knew that he has a Lord who forgives sins and punishes for them". Then he sinned again and said: "O Lord, forgive me my sin". Allah said: "My servant sinned and knew that he has a Lord who forgives sins and punishes for them. Do what you wish, for I have forgiven you".ⁱⁱ

Another Hadith of Prophet is:

"Allah said, "Son of Adam, so long as you call upon Me and ask of Me, I shall forgive you for what you have done, and I shall not mind. Son of Adam, were your sins to reach the clouds of the sky and were you then to ask forgiveness of Me, I would forgive you. Son of Adam, were you to come to Me with faults nearly equaling the earth and were you then to meet Me, ascribing no partner to Me, I would bring you forgiveness nearly equaling the earth".ⁱⁱⁱ

Consequently, Allah is the most forgiving and love to forgive. Once Aisha (one of the wives of Prophet) asked the prophet that if I knew that which night is the night of decree, what I should supplicate in it. He replied, *"you should read: O Allah, You are most forgiving, and you love forgiveness; so forgive me".^{iv}*

The life of Prophet Muhammad (peace be upon him) is an accurate example of tolerance. He was the most forgiving person. His Kindness was not only for believers but he was ever ready to forgive his enemies as well. The plenty of examples about tolerance, forgiveness and mercy can be found in His life and teachings.

One of his companions narrated: "Once a man came to the Prophet (pbuh) and asked "How much should I forgive my slave?". He did not answer. The man asked again: "O messenger of Allah, how much should I forgive my slave?" This time the Prophet (pbuh) answered: *"Forgive him seventy times a day".^v*

When prophet (pbuh) went to the Valley of *Taif* to convey divine message to the people, they not only renounce him and mistreated him but they also injured him and harmed him badly. He left the city with shaken heart and wounds. Allah sent an angel to destroy the people because they mistreated Allah’s beloved Prophet. When the angel came to him with the message, The Prophet prayed to Allah to save the people of Taif from His anger because what they did was because of their unawareness and ignorance. He said:

"O Allah, guide these people, because they did not know what they were doing."^{vi}

Another most significant event about Prophet’s forgiveness is when he entered the city of Makkah after the conquest; the Prophet declared a general amnesty and forgave all of his enemies. Those people who fought him for many years, and excelled him from His motherland, they persecuted his followers and killed many of them. But when prophet had full power to do whatever he wanted to punish them for their crimes he forgave all of them. It is reported that the Prophet asked them:

“What do you think I shall do to you now” They expected nothing but retaliation and pleaded for mercy. The Prophet said, “Today I shall say to you what Joseph (referring to Prophet Yusuf -peace be upon him- as mentioned in the Qur'an, Yusuf 12:92) said to his brothers: *“No blame on you today. Go, you are all free.”*^{xviii}

Allah's Forgiveness:

Allah Almighty is the core source of forgiveness and He is the only ultimate authority who can forgive. Furthermore, He forgives sins against Him without asking for anything in reward and promises to forgive those who seek His forgiveness:

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Allah is considered the most forgiving entity in Islamic edifice as reflects in His many names and particularly in three names. These three names which refer to Allah's forgiveness are occurring almost ninety-eight times in Holy Quran. *Al-Ghafir* means the forgiver, whereas the names *Al-Ghafir* (The all forgiving) and *Al-Ghaffar* (The ever forgiving) are more categorical, demonstrating that Allah is most forgiving, oft-forgiving.

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Human forgiveness:

Islam encourages Muslims to seek forgiveness. According to the Prophet (Pbuh) of Islam this is in the very nature of humans to err and all children of Adam are continually make a mistake But the best of them are those who continuously err repent or ask for forgiveness. The Quran makes a clear relationship between human forgiveness and Allah's forgiveness. Muslims understanding of forgiveness is that a crime or sin against the creation of Allah is an offense or crime against Allah. It is clearly mentioned in the holy book of Islam:

“Let them forgive and overlook, do you not wish that Allah should forgive you?” (24:22)

Furthermore, Quran stresses upon the connection between piety and forgiveness while describing the characteristics of true and pious believer it is said:

“Those who spend (freely), whether in prosperity, or in adversity; who restrain anger, and pardon (all) men; for Allah loves those who do good” (3:134).

And Islam teaches that the pious servants of Allah are those who have strength to suppress their anger and possess an immeasurable capacity to forgive others. Prophet of Islam said:

“Whoever suffers an injury and forgives (the responsible person), Allah will raise his status to a higher degree and remove one of his sins.”^{xxii}

Allah urges His subjects asking for His forgiveness to forgive others in order to be forgiven. If anyone wants to attain His forgiveness, he should know how to forgive others. The best kind of forgiveness according to Islam is answering the oppression with kindness. As said by Prophet:

“Allah had ordered me to maintain ties with those who sever ties with me and to give to those who deprive me and to forgive those who oppress me”.

^{xiv}

Conditions to receive forgiveness according to Hadith:

There are some conditions or requirements mentioned in Hadith to receive forgiveness from Allah. If these conditions are fulfilled, Allah will surely forgive the sin.

If the sin or offence is committed against Allah; there are three basic conditions to ask forgiveness:

1. Awareness of the sin itself and its confession in front of Allah.
2. Assurance of not to go over the sin.
3. Asking for forgiveness from Allah.

Nonetheless if the wrongdoing was against human being or society, an additional condition is required and that is:

4. Rectification of wrongdoing and pardon from the affronted group.^{xv}

Pillars of Islam and Forgiveness:

All the worship rituals lead towards forgiveness and promote social harmony and reconciliation. The first tenet of the pillars of Islam, Tawheed is associated with the supremacy of Allah Almighty and the sense of accountability which creates humility in a worshipper. Similarly, Risalah linked with the faith that all the chosen ones Prophets are Slaves of Allah Almighty and sent with the same mission of propagation of Allah's Oneness. This concept is a key of interfaith harmony and peace, A Muslim must believe and respect every prophet and likewise their teachings. Similarly, Prayer, Fasting, Zakat all the rituals promote the social bonding and empathy which leads towards Compassion and kindness for humanity.

Forgiveness and the Pursuit of Justice

Some may perceive forgiveness as giving wrongdoers a 'free pass,' but the Quran does not equate forgiveness with overlooking injustice. Justice is a central theme in the Quran, and it does not expect believers to passively accept wrongdoing:

- "And the recompense for an evil act is an evil one like it, but whoever pardons and makes reconciliation - his reward is [due] from Allah." [Quran 42:40]
- "Take action against those who oppress people and transgress against justice. They will have an agonizing punishment - though, if a person is patient and forgives, this is one of the greatest things." [Quran 42:42-43]

These verses acknowledge that evil acts should be confronted, but they also stress that forgiveness is a highly commendable act that earns a special reward from Allah. By distinguishing one's emotional response to being wronged from the injustice itself, the Quran equips believers with the tools to move forward emotionally and psychologically, regardless of whether justice has been served in this world. However, the Quran reassures believers that Allah ultimately ensures justice for all:

- "Allah has created the heavens and the earth with just purpose, and so that everyone is recompensed for what he or she earned, and they will not be wronged." [Quran 45:22]

Forgiveness in Islam does not imply acquitting the guilty or neglecting justice. The Quran emphasizes the importance of justice while also highlighting the extraordinary virtue of forgiveness. Verses such as Quran 42:40 and Quran 42:42-43 underscore the need for justice while acknowledging the great reward for those who can genuinely forgive.

The Cycle of Forgiveness

The Quran not only teaches us to forgive others but also emphasizes the importance of seeking Allah's forgiveness for ourselves. By cultivating a forgiving nature, we hope that Allah will forgive our own shortcomings and transgressions. This perspective helps us empathize with those who seek our forgiveness.

Additionally, forgiveness is a divine attribute, as illustrated by the Quran's references to Allah as al-Ghaafir (the One who Forgives), al-Ghafoor (the All-Forgiving), and al-Ghaffar (the Oft-Forgiving). These names appear collectively 91 times in the Quran. By embracing forgiveness, we nurture our connection to the divine and are reminded of the transient nature of our earthly existence.

Conclusion:

In conclusion, forgiveness holds a significant place in the Quran and is emphasized as a virtuous quality with profound implications for individuals and communities. The Quranic teachings highlight that forgiveness is not only a noble act but also a transformative process that brings about psychological, emotional, and spiritual benefits. By forgiving others, individuals can experience personal growth and liberation from the burden of resentment and grudges. The act of forgiving allows one to let go of negative emotions, promote healing, and enhance overall well-being. It enables individuals to transcend their ego and cultivate empathy, compassion, and understanding. Moreover, forgiveness plays a crucial role in strengthening relationships. It fosters reconciliation, restores trust, and promotes harmony among individuals and communities. Through forgiveness, conflicts can be resolved, and wounds can be healed, paving the way for healthier and more fulfilling relationships. In seeking forgiveness from Allah, individuals recognize their own fallibility and humility. By acknowledging their mistakes and sincerely repenting, they open themselves to the mercy and forgiveness of Allah, seeking spiritual closeness and purification of the soul. The Quran assures believers that Allah is forgiving and merciful, encouraging them to extend forgiveness to others as a reflection of their own faith and devotion. By embodying forgiveness in their daily lives, individuals contribute to the creation of a harmonious society. Forgiveness fosters a culture of compassion, empathy, and reconciliation, allowing for the resolution of conflicts and the promotion of peaceful coexistence. It encourages dialogue, understanding, and mutual respect, transcending differences and promoting unity among people.

In essence, forgiveness is a powerful and transformative virtue celebrated in the Quran. It holds the potential to uplift individuals, heal relationships, and contribute to the betterment of society. By embracing forgiveness as a guiding principle, individuals can experience personal growth, cultivate meaningful connections, and strive for a more harmonious and compassionate world.

Notes:

ⁱIbn al-Qayyim al-Jawziyyah, Muḥammad bin Abī Bakr, *al-Raḥ*. Bayrut: Dār al-Kutub al-‘lmiyyah, 1975, p. 241.

ⁱⁱSahih Muslim, Kitab al-Tawbah

ⁱⁱⁱSunan al-Tirmidhi

^{iv} Ibid

^vAbu Bakr Jabir Al-Jazairi. *Minhaj Al-Muslim (The Way of the Muslim)*. Riyadh: Darussalaam Publishers, 2001.

^{vi} Abu Dawood

^{vii} Al-Bukhari

^{viii} M. Shahid, Abdul Samad. *The Prophet of Excellent Moral Values*. Islamabad: Dawah Academy, 2014.

^{ix} Sahih Muslim, Kitab al-Tawbah

*Sunan al-Tirmidhi

xi Ibid

xii Abu Bakr Jabir Al-Jazairy. *Minhaj Al-Muslim (The Way of the Muslim)*. Riyadh: Darussalaam Publishers, 2001.

xiii Ibid

xiv Sunan Ibn e Majah

xv AL Bukhari

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