

despitefully use you, and persecute you” (Matthew 5:44). He set the perfect example of forgiveness when He was on the cross. Referring to the Roman soldiers who had crucified Him, He prayed, “Father, forgive them; for they know not what they do” (Luke 23:34; see footnote *c*).

Pray for strength to forgive those who have wronged you. Abandon feelings of anger, bitterness, or revenge. Look for the good in others rather than focusing on their faults and magnifying their weaknesses. Allow God to be the judge of others’ harmful actions. It may be difficult to let go of hurt feelings, but you can do it with the Lord’s help. You will find that forgiveness can heal terrible wounds, replacing the poison of contention and hatred with the peace and love that only God can give.

Additional references: Matthew 6:14–15; 18:21–22; 1 Nephi 7:16–21

See also Atonement of Jesus Christ; Judging Others; Repentance

Fornication (*See* Chastity)

Gambling

The Church of Jesus Christ of Latter-day Saints is opposed to gambling, including lotteries sponsored by governments.

Gambling is motivated by a desire to get something for nothing. This desire is spiritually destructive. It leads participants away from the Savior’s teachings of love and service and toward the selfishness of the adversary. It undermines the virtues of work and thrift and the desire to give honest effort in all we do.

Those who participate in gambling soon discover the deception in the idea that they can give little or nothing and receive something of value in return. They find that they give up large amounts of money, their own honor, and the respect of family members and friends. Deceived and addicted, they often gamble with funds they should use for other purposes,