



FORGIVENESS

Desire: *To lean into Jesus' forgiving heart and stop the cycle of vengeance.*

Definition: *to forgive is to condemn a wrong, spare the wrongdoer hatred, revenge and self-righteous indignation by joining them to Jesus' own forgiving heart.*

Scripture:

"Make allowance for each others' faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others." (Colossians 3:13-14)

God-given fruit:

- *Heart is healed and ended*
- *Freedom from guilt and shame*
- *Mercy and compassion towards others*

Reflection Questions:

1. *When someone treats you wrongly, how do you tend to view them?*
2. *When has it been hard for you to forgive someone?*

Spiritual Exercises:

1. *Talk to someone who has lived the reality of forgiving those that hurt them. Where do they get the courage, will and power to forgive?*
2. *Prepare yourself for your next communion by naming and listing your wrongdoing to God. Consider what you might actually deserve for this wrongdoing. When you eat the bread and drink the cup, savor the deliciousness of knowing that none of your wrongs stick to you.*