

FORGIVENESS

Last week we talked about Anger, what makes us angry and how we can deal with anger. This week we are going to try to move past our anger and learn what forgiveness means to us. We get angry, but we can't really move past the anger unless we address it. The only way to eliminate anger is through forgiveness. Obviously this is easier said than done. Sure there are healthy ways to help us manage our anger: sleep, music, exercise, meditation and prayer, but only by confronting our anger and finding forgiveness can we be freed from it.

What stops you from forgiving someone?

Do you actually want to forgive people?

What won't you forgive?

What must be done or said in order for you to forgive someone?

SKITS

Cheating bf/gf with best friend.

Drunk driver kills your brother/sister

Divorce

Someone lost or broke something important to you

Someone stole something important to you

You were framed for a crime

Your prom date stood you up.

Parents promised you a car for graduation and didn't deliver

Your friend got you fired from your job

What do you consider to be unforgivable?

Is it possible to forgive and forget?

What if you forgive and the person keeps hurting you?

*** Amish Story

Refer to the Serenity Prayer