
Forgiveness



SMALL GROUP MINISTRIES

“Life is an adventure in forgiveness”. --Norman Cousins

"Forgiveness is the fragrance the violet sheds on the heel that has crushed it."
-- Mark Twain

Opening and Chalice Lighting *And welcoming our new member....*

“Of the seven deadly sins, anger is possibly the most fun.

To lick your wounds, to smack your lips over grievances long past, to roll over your tongue the prospect of bitter confrontations still to come, to savor to the last toothsome morsel both the pain you are given and the pain you are giving back—in many ways it is a feast fit for a king.

The chief drawback is what you are wolfing down is yourself. The skeleton at the feast is you.”
--Frederick Buechner

Quiet Reflection

"The weak can never forgive. Forgiveness is the attribute of the strong." - Mahatma Gandhi

“Forgiveness is not an occasional act; it is a permanent attitude.” –Martin Luther King, Jr

"Always forgive your enemies - nothing annoys them so much." - Oscar Wilde

Sharing/ Check-In

Take two or three minutes to share how you are spiritually, psychologically, emotionally, and physically. You can speak or you can pass. We want to know how you are in this moment.

Topic Readings

How does one know if she has forgiven? You tend to feel sorrow over the circumstance instead of rage; you tend to feel sorry for the person rather than angry with him. You tend to have nothing left to say about it all. - *Clarissa Pinkola Estes*

“The secret of forgiving everything is to understand nothing” –George Bernard Shaw

“To forgive all is as inhuman as to forgive none” –Seneca

“When I was a kid I used to pray every night for a new bicycle. Then I realised that the Lord doesn't work that way so I stole one and asked Him to forgive me.” –Emo Philips

(Continued)

From “Forgive For Good” --Fred Luskin

1. People who are more forgiving report fewer health problems.
2. Forgiveness leads to less stress.
3. Forgiveness leads to fewer physical symptoms of stress.
4. Failure to forgive may be more important than hostility as a risk factor for heart disease.
5. People who blame other people for their troubles have higher incidences of illnesses such as cardiovascular disease and cancers.
6. People who imagine not forgiving someone show negative changes in blood pressure, muscle tension and immune response.
7. People who imagine forgiving their offender note immediate improvement in their cardiovascular, muscular and nervous systems.
8. People with devastating losses can learn to forgive and feel better psychologically and emotionally.

Break/Quiet Contemplation

Sharing/Deep Listening

Speak about this topic in any way that is comfortable to you. If you choose to use the questions, focus on just one or two, as this will allow you to go deeper into the topic.

1. When have you been in a situation that required you to forgive someone? What made it easy or difficult?
2. Have you asked for forgiveness? What did it affect you to be forgiven or not?
3. Have you been in a situation where forgiving was not possible for you? How did that affect you physically, emotionally? Is there a time when forgiving someone in your life is not appropriate or desirable?
4. Have you forgiven someone while still holding that person accountable for hurtful behavior?
5. Have you ever needed to forgive yourself? How did that go?

Discussion

This is a time to supportively respond to something another person said or to relate additional thoughts that may have occurred as others shared.

Checkout/

Likes & Wishes

What did you like about this meeting? What would you like to see change at future meetings?

Announcements

Closing Reading/

Extinguish Chalice

“Doing an injury puts you below your enemy; revenging one makes you but even with him; forgiving it sets you above him.”

--Benjamin Franklin, Poor Richard’s Almanac