Forgiveness

Forgiveness is defined as:

> *A conscious, deliberate decision to release feelings of resentment or vengeance toward a person or group who has harmed you, regardless of whether they actually deserve your forgiveness.*

Forgiveness is a choice. It is not something that can be forced on you or required of you. It is an opportunity to release negative feelings. The more negativity that you have in your life, the more that you view life negatively. Resentment and vengeance breed feelings of hostility and anger-it becomes a self perpetuating cycle.

Forgiveness is not about what a person deserves it is all about what you choose to give. In our societal view of justice, oftentimes those who have hurt us "do not deserve" to be forgiven. Here's the thing-forgiveness is not about the other person, it is about you and the way that you choose to live your life.

> *It's one of the greatest gifts you can give yourself, to forgive.*
> *Forgive everybody.*
> *~Maya Angelou*

1. <u>Who</u> in your life do you feel the need to forgive?

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2.   <u>What</u> do you need to forgive them for?

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3.   <u>Why</u> has it been hard for you to choose to forgive them?

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4.   What have you truly <u>gained</u> by holding onto unforgiveness?

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5.   What have you <u>lost</u> by holding onto unforgiveness?

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Forgiveness isn't just about what other's have done to you, it's also about the things that you have done to yourself or the decisions that you have made. Sometimes the hardest person to forgive is yourself.

6.   What do you need to forgive yourself for?

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7. What has kept you from forgiving yourself?

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8. Do you think that you are worthy of forgiveness? Why or Why not?

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Mistakes are always forgivable, if one has the courage to admit them.

~Bruce Lee