



ABIDING

Together



SEASON 5 - FORGIVENESS

## Group Questions

1. WHAT IS ONE AREA WHERE YOU ARE FINDING IT HARD TO OFFER FORGIVENESS?
2. SISTER MIRIAM QUOTES THIS “RESENTMENT IS LIKE DRINKING A LITTLE BIT OF POISON EVERY DAY AND HOPING THE OTHER PERSON DIES.” DISCUSS THIS TRUTH IN YOUR OWN LIFE.
3. HOW CAN YOU MODEL A LIFE OF FORGIVENESS? IF YOU HAVE CHILDREN, HOW CAN YOU TEACH YOUR CHILDREN ABOUT FORGIVENESS?
4. HOW HAVE YOU EXPERIENCED THE MERCY OF GOD IN YOUR LIFE?

## Journal Questions

1. WHO IN YOUR LIFE DO YOU NEED TO OFFER FORGIVENESS TO? WHAT IS HOLDING YOU BACK FROM THIS?
2. JOURNAL ABOUT HOW YOU HAVE FELT GOD’S MERCY IN YOUR OWN LIFE
3. HOW HAVE I HURT PEOPLE IN MY LIFE AND NEED TO ASK FOR FORGIVENESS? HOW CAN I RESTORE THE RELATIONSHIP?

## Quote to Ponder

“FORGIVENESS IS THE RESTORATION OF FREEDOM TO ONESELF, IT IS THE KEY HELD IN OUR OWN HAND TO OUR PRISON CELL” - SAINT POPE JOHN PAUL II