

## Preparation for T375 – Forgiveness

The theme for this month's services is forgiveness. Forgiveness is interesting because it is something we seek from others as well as something others seek from us. This session will help us explore our feelings on the subject. There is no need to answer them all of the questions, just the ones that speak loudest to you.

1. Are there any feelings or actions you perceive you need to show when you are asking someone for forgiveness? What are they and why?
2. Are there things you need to hear from someone before you will forgive them? Why?
3. If you find it harder to seek forgiveness than to give it or vice versa explain your reasons.
4. Have you had an experience where someone withheld their forgiveness from you? Describe how this made you feel and what you did about it.
5. Tell about a time when others really wanted you to forgive or not forgive someone, and you disagreed.
6. Have you had the experience of wishing to ask someone's forgiveness but being unable to do so? If so, describe how you dealt with it.
7. Have you experienced someone asking your forgiveness when you didn't feel there was anything to forgive? How did you make things right with that person?
8. Tell about something you feel is unforgivable.