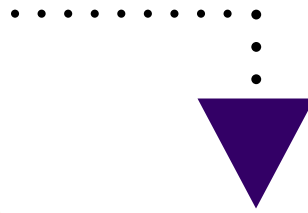


When You Say Thank You, Mean It!



FORGIVENESS

(Mar/Apr)

“Letting go of hurts and grudges”

- forgiveness is not the same as acceptance nor the allowance of hurtful things
 - also important to learn how to be forgiven
- carrying a grudge and withholding forgiveness is a burden

Questions for Discussion:

1. What does it mean to forgive someone?
2. How is forgiveness different from acceptance?
3. How do you feel when you forgive someone? When someone forgives you?

ACTIVITY: WILL YOU FORGIVE ME?

Supplies: “I’m Sorry” cards

How it works: Give each family member an opportunity to be forgiven by another family member. Each person can write on the card what they are sorry for. Talk about how not to repeat the offense.

Variations: Have apologies made one-on-one instead of in a group; write apology notes.



“THE ROCK”

Use a beach ball or rock to represent a grievance, something family members are having a hard time forgiving. Have each family member hold the “rock” and walk around doing things they would normally do. When it gets in the way, remind them that putting it down is like letting go of resentment they feel. If they are ready to forgive the offense, have them put down the “rock” and continue with their day.