

Forgiveness takes action. Merely thinking about forgiving someone is not the same as going through with a decision to forgive. It's not likely you will typically *feel like* forgiving someone who has hurt you. But you must make a choice to do so as you recognize that by forgiving *others*, you set *yourself* free.

»» STEP 1

On the next page, take a few minutes to write down the names of those people you need to forgive. It won't be easy, but it is necessary. Write down each name, followed by one or two bullet points describing what you need to forgive that person for doing.

Often, it is harder to forgive ourselves than to forgive others. Perhaps we feel that we earned the torment we are experiencing. But self-punishment is not what God intended. John 3:16 says, "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." John 10:10 says, "The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."

An unwillingness to forgive oneself is in direct opposition to the message of Jesus. He came that you might have life to the fullest. He has forgiven you. Are you ready to accept his forgiveness and forgive yourself?

»» STEP 2

On the back of the page, write down the actions or events in your life that you need forgive yourself for doing. You may not feel like you can write it down, but just try. Remember – forgiveness starts with a decision. The feelings will follow.

»» STEP 3

After you finish writing both sides, cut or tear out the page along the dotted line. Now it's time to let it go! Your group leader will give you further instructions.

WHOM DO I NEED TO FORGIVE?

**WHAT DO I NEED TO
FORGIVE THEM FOR DOING?**

CUT OR TEAR HERE

**WHAT DO I NEED TO
FORGIVE MYSELF FOR DOING?**

CUT OR TEAR HERE