



## **FORGIVENESS**

### **Before the Meeting: Preparation**

Be prepared to share about a time that you forgave someone or someone forgave you.

### **Step 1: Introductions and Icebreakers**

#### **Say:**

Let's start by doing an activity on forgiveness.

#### **Forgiveness Activity:**

Give every person a blank sheet of paper. Have your group members write the word "forgiveness" in an acrostic. Have them write words that begin with each letter of the acrostic that have to do with forgiveness. After they are finished, have them share what they came up with.

#### **Close the Activity by Saying:**

Tell a story about a time that you showed forgiveness, or someone forgave you.

## **Step 2: Discussion**

Ask these in order and allow everyone to respond to each question before moving to the next question:

- On a scale from 1-10, with 1 being easy and 10 being hard, how easy or hard is it to show forgiveness?
- What does showing forgiveness look like?
- What does it look like when someone does not show forgiveness?
- Tell me about a time that someone forgave you. What were the circumstances? What did you feel before the forgiveness? What did you feel after the forgiveness? What was the impact of the forgiveness?
- Tell me about a time that you had to forgive someone. What did you feel before you gave forgiveness? What did you feel after you gave forgiveness? What did you learn from it?
- Are some things easier to forgive? If so, what circumstances make it easier to forgive? If not, what circumstances make it harder to forgive?
- How does forgiveness impact teen depression, anxiety or thoughts of suicide?

## **Step 3: Closing (End) the meeting.**

- What is the most important thing you heard or learned today about forgiveness?
- What is one thing you can do tomorrow to forgive someone or to teach someone how to forgive?