# Title: What is Forgiveness?

**Key Questions:** Have we ever been impressed by an example of forgiveness?

How do the followers of T\* seek and offer forgiveness?

Why can it be a good thing if I forgive others?

Is forgiveness always possible? Can I forgive on behalf of others?

**Key Concepts:** Forgiveness, reconciliation, hope, freedom, compassion, bitterness.

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| **Learning objectives** | **Activities** | **Resources** |
| LO: to reflect on what forgiveness is and consider if it is important for us and others. | Find a recent news story with someone talking about forgiveness.  Why did they forgive?  Is this what you think forgiveness is?  Would you have forgiven in that situation?  Read the story of Corrie Ten Boon.  How do you think you would have felt?  Would you have been able to forgive?  What made Corrie want to forgive?  Look at some definintions of forgiveness. Write a definition of forgiveness and add an example.  Opinion Corner – stand in the corner that you reflects your opinion. Be ready to explain why you think this. (agree/disagree/depends/not sure)   * It is easy to forgive others. * You should always forgive others * You feel better when you forgive others. * Forgiveness is not always possible. * Forgiveness is not always right.   Read this quote. Highlight and then dfiscuss the tier 2 and tier 3 vocabulary in it.  Summarise it in three sentences.  Disuss in pairs or groups – do you agree? Do you think it is possible?  Martin Luther King Jr wrote…  “Forgiveness does not mean ignoring what has been done or putting a false label on an evil act. It means, rather, that the evil act no longer remains as a barrier to the relationship. Forgiveness is a catalyst creating the atmosphere necessary for a fresh start and a new beginning. It is the lifting of a burden or the cancelling of a debt. The words “I will forgive you, but I’ll never forget what you’ve done” never explain the real nature of forgiveness. Certainly one can never forget, if that means erasing it totally from his mind. But when we forgive, we forget in the sense that the evil deed is no longer a mental block impeding a new relationship. Likewise, we can never say, “I will forgive you, but I won’t have anything further to do with you.” Forgiveness means reconciliation, a coming together again. Without this, no man can love his enemies. The degree to which we are able to forgive determines the degree to which we are able to love our enemies.”  Feedback  Do you agree with this sentiment? Would it ever be appropriate not to forgive? | <http://www.familylifeeducation.org/gilliland/procgroup/CorrieTenBoom.htm> |