

The Faith-Filled Catholic Women's Bible Study Program
Participant's Worksheet

Forgiveness

Insert E-1 through E-4

You can prepare for the discussions about the theme **Forgiveness** by thinking about how you would answer the following questions:

Is there a wound in any relationship in my life (family member, colleague, friend) that is not healed because of a lack of forgiveness?

What was/is my responsibility for the original wrong?

What is stopping the healing from taking place in this situation?

Have I confessed any sin I may have committed?

When did someone forgive me for wronging them in some way?

Am I hanging on to anything or do I need to remove anything that might be hindering a closer relationship with God and with the people around me?

Group Prayer – My intentions for group prayer this week:

My Personal Response in Forgiveness for this week – Accept God's grace and experience His loving forgiveness through the reception of the Sacrament of Reconciliation this week

Other Scripture on **Forgiveness**:

Luke 7:48 (Page 1106) * Colossians 1:14 (Page 1293) * Mark 2:5 (Page 1067)

Luke 7:47-48 (Page 1106) * Isaiah 1:18 (Page 748) * Matthew 9:5-6 (Page 1021)

Luke 23:34 (Page 1132) * Matthew 18:18 (Page 1039) * Isaiah 43:25 (Page 783)



Scenario's for Forgiveness Warm Up

1. You are anxiously awaiting your husband to come home this evening because today is your 12th Wedding Anniversary. Having completely forgotten what date it is, he walks in the same as usual and says nothing about today being significant in any way.
2. A colleague at work inadvertently gets full credit in a company memo for the success of your project. She sees the error as no big deal and does nothing to correct the misunderstanding.
3. One of your children is critically injured when an old man speeding, misjudges a curve and crashes into your car. The old man receives a suspended sentence for negligence, his license is revoked for life and he is fined \$15,000. Your child's recovery looks promising but could take as much as a year to be complete.
4. You advised your teenage daughter that you don't approve of her going to see a questionable rock group that is coming to town tonight. It sounded last week like you were winning the battle as she quit asking for your permission. Then, she finds out at school that she can get tickets to the concert after all. She tries to call you but your cell phone is off and you won't be home until 7:00. She takes \$30 out of the "family emergency cup" and heads out with friends to the concert thinking she'll explain it all to you later.
5. Another woman who you consider a friend is telling others about something that, even though true, is not very complimentary about your family. She thinks she is actually doing you a favor by getting the "true story" out so as not to let the rumor mill get out of hand. You think it would be better if things were simply left unsaid.
6. Others pressured you to have an abortion when you were 13 after making a horrible mistake with a young man you just "knew you were in love with." Choosing the abortion was ultimately your decision and you have been haunted by it ever since. Can you forgive yourself?

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