

Forgiveness - key concepts to unpack

- Why can it be so hard to forgive? How are we often feeling at the time that we are asked to forgive someone? What might our first reaction be to someone that has wronged us?
- How can we show others that we are truly sorry when we ask for forgiveness?
- How can we know when we are ready to ask for forgiveness?
- Nobody is perfect and we all make mistakes, so everyone will need to ask for forgiveness at times. This is included in the Lord's Prayer and also in worship when we asked to call to mind our sins and ask for forgiveness - 'Jesus Lord have mercy on us'.
- Forgiveness is the healing of wounds caused by another. It is our choice to learn to let go of a past wrong and it is our choice no longer to allow ourselves to be hurt by it.