

## Forgiveness - key themes to explore

- Forgiveness is not an easy thing to do
- There are 2 people involved in Forgiveness and it is worth exploring from both perspectives - asking to be forgiven ourselves and being asked to forgive another
- Both people involved in Forgiveness can be thought of as carrying a burden - when Forgiveness is shown they **both** lose this burden
- Saying sorry and being repentant; showing remorse and making amends
- Forgiving and forgetting; letting someone off - is that fair?
- Remaking a broken relationship/friendship
- Barriers to forgiving another
- Is there a limit to forgiveness?