

What is Forgiveness?

Post 4 brainstorm questions:

Forgiveness is...

Forgiveness is not...

Why it is good to forgive....

What keeps us from forgiving...

Divide the group into 4 groups. Have each group go to a question and take 5 minutes to brainstorm their answers. Then move the group on to the next poster for another 5 minutes. Do this until each group has had a chance to add to each poster. Move one more time back to the starting poster. Have each group read their entire poster aloud.

You can then do a whole group brainstorm on how to overcome our resistance to forgiving.

Debrief by asking the group if they found any new understanding by doing the exercise.