

FORGIVENESS

Forgiveness is a difficult process for many people, especially when they have been hurt deeply. Forgiveness takes courage, strength, willingness, and awareness. When someone forgives the wrong doings of another they have understood the necessity and responsibility in being a Christian. Here are a few questions you're your mentee to ponder on the issue of forgiveness.

- What would you do if someone hurt your feelings?
- Have you had the experience of talking with someone after your feelings being hurt?
 - What did that feel like?
 - How did you process your feelings?
 - Did you feel like it was your responsibility in asking for forgiveness?

Mentor

Take this time to discuss your own experiences with forgiving others. Explain what lead to the issue, how you dealt with the issue, what steps you took, and people you spoke with. By revealing your own experience may give your mentee the insight in ways to forgive others, considering your advice and support.

Biblical Foundation

- Psalms 32:1, Blessed are those whose transgressions are forgiven, whose sins are covered. (TNIV)
- Psalms 86:5, You, Lord, are forgiving and good, abounding in love to all who call to you. (TNIV)
- Ephesians 4:31-32, Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (TNIV)

Cultural Values

Some cultures see forgiveness as a way to make peace with someone. By allowing ourselves to mend relationships is a native value of respect, honor, and loving your neighbor. Although some native people do not always be quick to forgive someone, by talking with them is a value native people express. By talking with someone in allowing them to forgive allows relationships to be mended.

Potential Activities

One possible activity your mentee can do is;

- Write down a time when they got angry and what immediate thoughts that can to mind.
- Research online images, videos, and words on forgiveness
- Potential survey of church members on what it means to forgive others