

Spiritual Reflection: Forgiveness

(Do these reflections with your parents/family, if possible)

Opening Prayer: Come, Holy Spirit, fill the hearts of your faithful, and enkindle in us the fire of your love. Send forth your Spirit and we shall be created, and you shall renew the face of the earth. Amen.

Quiet your heart. Close your eyes and take a few deep breaths, invite God into this moment of reflection.

Read the following scripture verses:

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” – Ephesians 4:32

“For if you forgive other people when they sin against you, your heavenly Father will also forgive you.” Matthew 6:14

“Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven.” – Luke 6:37

Watch the following video about Forgiveness:

<https://www.youtube.com/watch?v=ZoyoFEmk3Vk>

Journal your reflection, addressing the following topics:

- What stood out to you the most in this reflection? A Bible Verse, something Fr. Mike said?
- When are some times it is really easy to forgive people? When is it challenging?
- How does it make you feel to know that God forgives us every time we make a mistake and say we are sorry?
- Is there someone who has hurt you whom you need to forgive? Offer a prayer of forgiveness for them now. If that seems to challenging, pray that God will soften your heart and help you to be able to forgive them.

Closing Prayer:

Dear Lord,

Thank you for your gift of forgiveness. Your only Son loved me enough to come to earth and experience the worst pain imaginable so I could be forgiven. Help me release the hurt and begin to love as Jesus loves. Help me find the compassion that comes with true forgiveness. I praise you for the work you are doing in my life, teaching and perfecting my faith. In Jesus' Name, Amen.