Character & Virtue

A.C.T. Activity Sheet

FORGIVENESS

Nothing in this life is perfect. We all make mistakes. So let's learn to forgive others and ask others to forgive us. This is a hard one for a lot of people. We tend to hold on to the hurts. But in order to live life to the fullest we need to learn to forgive.

ACTIVITIES FOR FORGIVENESS

-Send a note or card to someone you may have hurt in the past and ask them to forgive you or just say, "I'm sorry." They may not forgive you but at least you tried to mend the relationship.

-Invite a family member whom you may have lost touch with to dinner or coffee.

-Let that person who cut you off in traffic go, without honking your horn or getting angry.

-Read a good book about forgiveness.

LIST 5 THINGS THAT YOU NEED TO BE FORGIVEN FOR:

1.

2.

3.

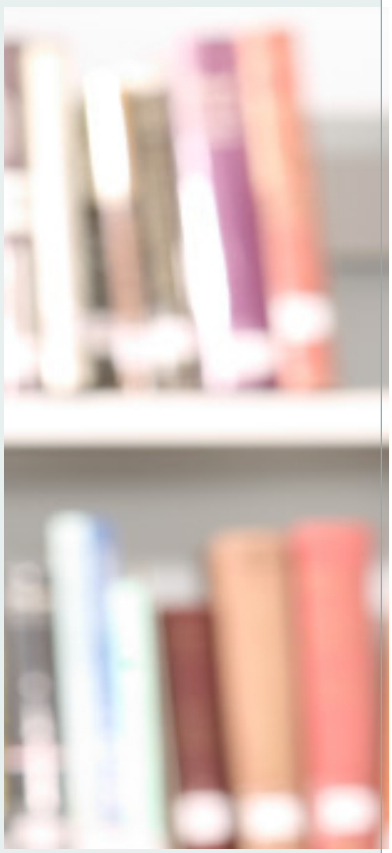
4.

5.

ASK GOD FOR FORGIVENESS.

NAME SOMEONE YOU NEED TO FORGIVE:

***REACH OUT TO THEM. SCHEDULE IT IN YOUR PLANNER/CALENDAR SEND A NOTE OR CARD.

GOOD BOOKS TO READ:

- The Heart Mender by Andy Andrews
- Everybody Needs to Forgive Somebody by Allen R. Hunt
- The Book of Forgiving by Desmond Tutu