

# LIGHTING OF THE CANDLES

Peace of the Lord be with you

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And also with you

# WELCOME WORDS

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We have gathered in the name of  
God the Father, Son and Holy Spirit  
to worship together and think about  
our value of **FORGIVENESS**





# FORGIVENESS



Just as the Lord has forgiven you, so you must also forgive others.

**COLOSSIANS 3:13**

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Hold on to forgiveness, command what is right, and turn away from the ignorant.

**[QUR'AN, 7:199]**



# Forgiveness is...

Forgetting the hurts

Offering a new beginning

Restoring a friendship

Given and received

Identifying responsibility

Valuing the truth

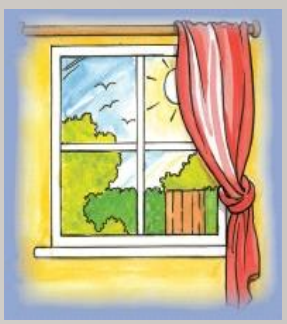
Ending an argument

Not holding a grudge

Encouraging honesty

Saying sorry

Starting again





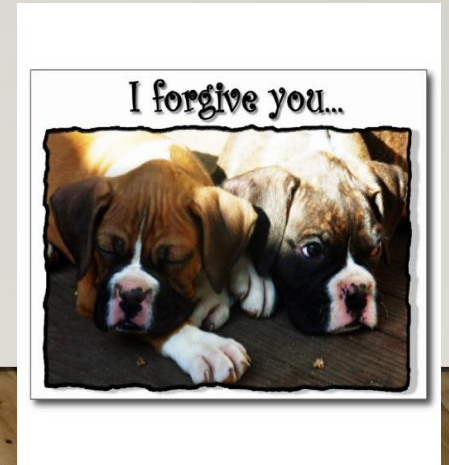
Happy are those whose sins are forgiven, whose wrongs are pardoned'  
PSALM 32:1

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I am Sorry

I forgive you



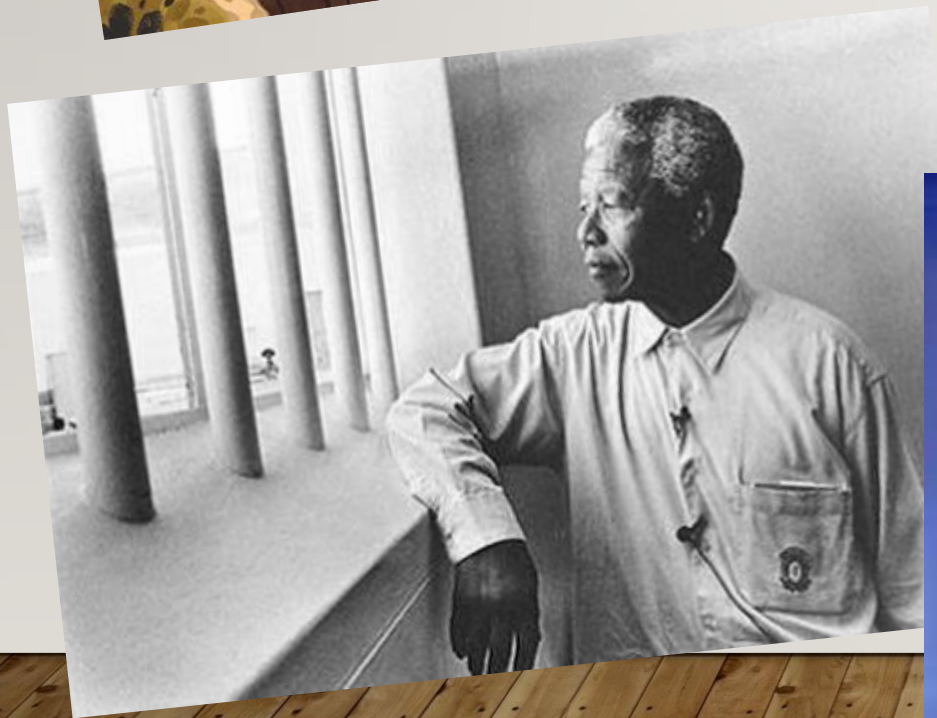
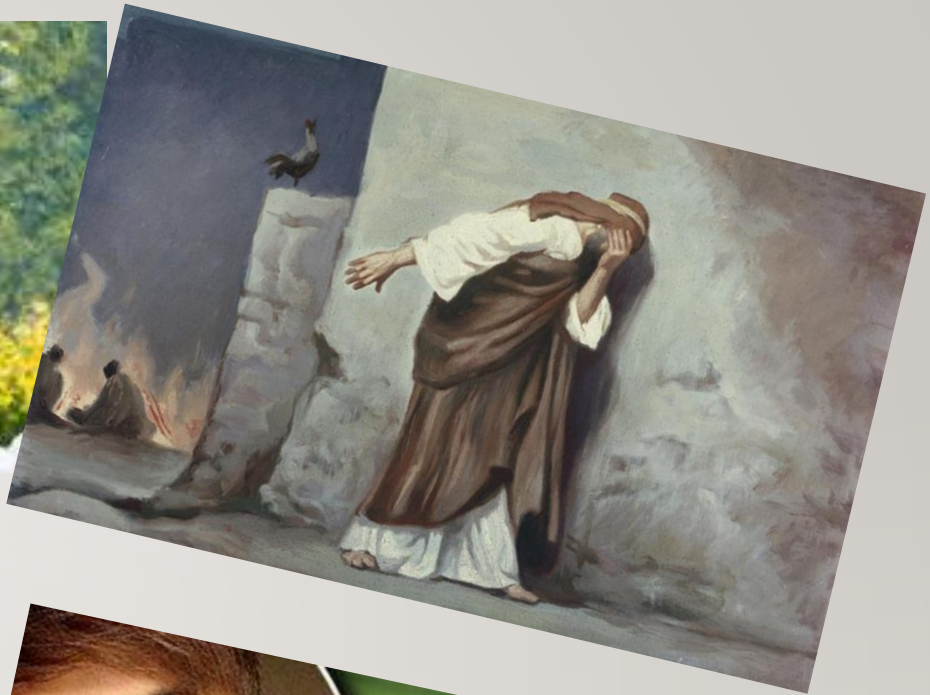


Our Father in heaven,  
hallowed be your name.  
Your Kingdom come,  
your will be done,  
on earth as in heaven  
Give us today our daily bread.

Forgive us our sins,  
as we forgive those who sin against us.

Lead us not into temptation,  
but deliver us from evil.

For the kingdom,  
the power and the glory are yours.  
Now and for ever. Amen



As I walked out of the door toward the gate that would lead to my freedom, I knew that if I didn't leave my bitterness and hatred behind, I'd still be in prison.

*(Nelson Mandela)*

Why do you think Nelson Mandela's example of forgiveness has inspired so many people?

You will be locked in by the hatred in your heart

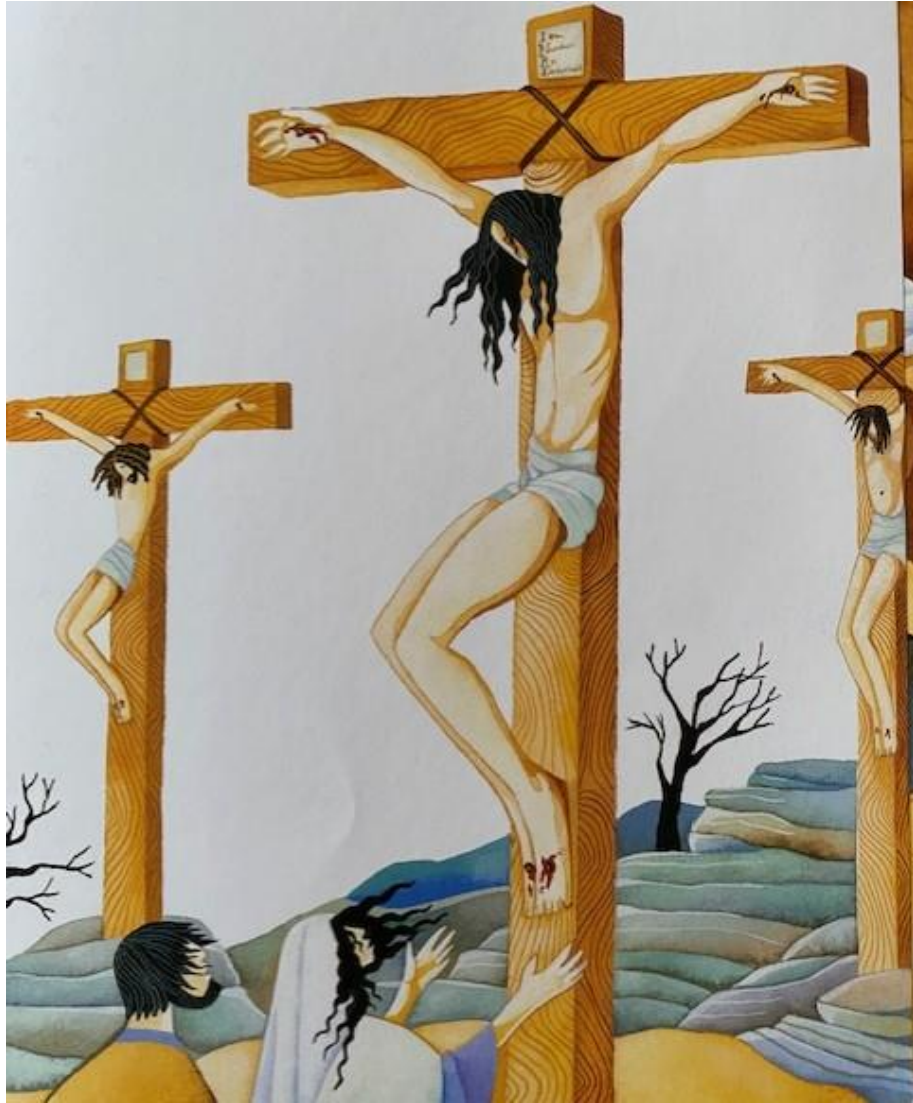
*(Rasel Ahmed)*

Can you think of a time when the future has been changed by an act of forgiveness?

When you forgive you don't change the past, but you do change the future.

*(Bernard Meltzer)*





"Father, forgive them for they know not what they do"



# REFLECTION



**Forgetting the hurts**  
Offering a new beginning  
**Restoring a friendship**  
Given and received  
Identifying responsibility  
Valuing the truth  
Ending an argument  
**Not holding a grudge**  
Encouraging honesty  
Saying sorry  
Starting again



Upset  
Unrest  
Ill-feeling  
Hostility  
Resentment  
Sadness  
animosity

Happiness  
Relief  
Cheerfulness  
Pleasure  
Friendship  
Contentment  
wellbeing





# Reflection and Prayer



Praying with open hands

Dear Lord,

Thank you that you forgive us completely.

When people hurt us, please help us not to bear grudges,  
and instead, ask for your strength to forgive.

Amen





# RESPONSE AND CHALLENGE



*Open hands or Clenched fists - which makes you stronger?*

*Think about someone you are still bearing a grudge against, hold your fists tight as you think about what it is they have done wrong. Open your fists as you let go of that grudge so you can FORGIVE and offer the hand of friendship instead.*

**I forgive you**



BLOWING OUT THE CANDLES

Peace of the Lord be with you

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And also with you