



## Forgiveness

March 2022

Description: What is forgivable, what is not? What is our capacity for forgiveness?

Estimated time: 1.5 hours

### (1) Getting acquainted and comfortable

5 - 10 min.

#### Welcome

- Thank you for coming...
- We are a part of The Great Reset, which was born out of a shift we're seeing in our country. We have been in a place where we don't tend to speak 'beyond our bubbles' and across perspectives. The Great Reset has been opening up a grey space for such conversations since 2018. You are now part of keeping the conversation going and we thank you.

#### The Pillars of The Great Reset

- To share our own thoughts and perspectives with humility
- To learn from others and listen with respect

#### Ground Rules

- Every comment is valid and deserving of respect
- We show respect by speaking one at a time, putting our phones on silent and staying engaged, even when we are not speaking
- In the interest of time, I may cut in to ask you to 'top-line' something if we need to move on. This means simply offer up a synopsis of your thoughts and speak in bullets, not paragraphs

#### Confidentiality

I would like a verbal from everyone that you are here of your own volition and out of respect for one another I would ask you to keep what others say in this room unless they give you permission otherwise. (go around and get verbal agreement). Further, you agree to adhere to the principles outlined already: to deliver your perspectives bound to the principles of respect, to **listen with humility and offer grace to others who are sharing this space.**

#### Personal Introductions

Please share your name, where you live, and where do you work and how long have you worked there.

**\*\*\*Remind everyone we're recording but we won't use any clips without their approval\*\*\***



## **(2) What is and is not forgivable**

**25 - 30 min.**

- Is everything and everyone forgivable, and why or why not?
- What do you feel are examples of actions that are not forgivable, and why? Probe for crimes, personal betrayal, the Holocaust, etc.
- Does it matter if an offense is intentional or not to be forgiven, and why or why not?
- Is there an unwritten statute of limitations where enough time has passed for some offensive actions that should now be forgiven? Please provide examples.

## **(3) Capacity for forgiveness**

**25 - 30 min.**

- Let's define repentance as feeling contrition or regret for past wrongs AND accompanied by commitment to actual actions that show and prove a change for the better. An apology expresses that repentance to the offended person. To what degree and in what form is repentance needed for a person to be forgiven? Must a person also give an apology to be forgiven, and why or why not?
- How can we make it easier for offenders to repent and apologize, or is that only the responsibility of the offender?
- How do we make it easier on ourselves to repent and apologize to others we have offended?
- Is forgiveness essential to be able to truly let go of an offense committed against you?
- Which is more difficult ... to forgive ourselves or to forgive others, and why?

## **(4) {IF TIME PERMITS, ADD THESE QUESTIONS}**

**10 - 15 min.**

- How can we, both individually and as a society, make it easier to forgive others?
- How can we, both individually and as a society, make it easier to forgive ourselves?
- {THIS QUESTION IS ENTIRELY OPTIONAL} Have you ever asked God for forgiveness for yourself? How essential is it to ask God for forgiveness?

## **(5) Closing comments**

**5 - 10 min.**

- Any additional comments about forgiveness?