

SR. MIRIAM JAMES & FR. JOHN BURNS: Seeking Healing Through Forgiveness

QUESTIONS FOR DISCUSSION:

1. Share your initial thoughts on the video. What struck you? What resonated with you? What challenged your view of reality?
2. *"Father, forgive them, for they know not what they do."* Even as he was being tortured on the cross, Jesus asks our heavenly Father to forgive his persecutors. His example shows us that the way to true healing is by forgiving those who hurt us. Why is this so hard for us? What are the consequences of holding on to our anger or grudges?
3. Have you ever withheld forgiveness from someone? Has someone ever withheld forgiveness from you? What was your experience of this? How did this affect your life at the time?
4. Forgiveness is not the same as reconciliation. Although the two are related, they are distinct. Discuss the relationship between the two concepts, as well as how they differ.
5. Sister Miriam uses the powerful imagery of standing at the foot of the cross with the person who hurt you. Let's take a moment to put ourselves in Christ's shoes. How do you think He looks at our perpetrator? Does this change our perspective? How so?

LIVE IT – WEEKLY CHALLENGE

Use the 'Prayer for Forgiveness' to guide you, as you ask Jesus for the strength to forgive someone who has hurt you.

Come. Be. BECOME

"Be who you were created to be, and you will set the world on fire."



EXTRA RESOURCES:

Book by Sr. Miriam James Heidland	Loved As I Am URL: https://amzn.to/2HkUzY7
Book by Fr. John Burns	Lift Up Your Heart: A 10 day personal retreat with Saint Francis De Sales. https://amzn.to/2JR7iWf
Podcast (Spiritual Batteries) by Fr. Justin Gillespie	The Beauty of Being Forgiven. https://bit.ly/2wAmle9
Video by Fr. Mike Schmitz	Forgiveness https://bit.ly/2EQntz7

Visit hrcyoungadults.ca/become for links to the session videos, question sheets, resources and more.