

International Forgiveness Institute

Family Forgiveness Meeting Guidelines

Questions to consider during your family forgiveness meeting might include:

- 1) What does it mean to forgive someone?**
- 2) Who was particularly kind and loving to you this week?**
 - What did that feel like?
 - When the person was really loving toward you, what were your thoughts about the person?
 - When the person was really loving, how did you behave toward that person?
- 3) Was anyone particularly unfair or mean to you this week?**
 - What did it feel like when you were treated in a mean way?
 - What were your thoughts?
 - How did you behave at first?
- 4) Did you try to forgive the person for being unfair to you?**
 - What does forgiveness feel like?
 - What are your thoughts when you forgive? What are your thoughts specifically toward the one who acted unfairly to you when you forgive him or her?
 - How did you behave toward the person once you forgave?
- 5) If you have not yet forgiven, what is a first step in forgiving him or her?**
 - Make a decision to be kind.
 - Commit to forgiving.
 - Begin in a small way to see that the person is in fact a person just like you.
- 6) What struggles do you have with forgiving someone who behaved in an unkind way to you?**
 - In other words, what is difficult about forgiving?
 - What is easy about forgiving for you?
 - You don't have to know all the answers!

Keep in mind that sometimes a question can best be answered with another question. Go through the process of reflection together with participation by everyone. Keep exploring the answers to questions rather than settling on the first answer that comes to mind, or the answer that seems to best suit our own desires, intentions, or world view. Always keep asking, could there be more? Always keep searching for the truth with all your heart.