

The Pray More Advent Retreat

Inspiring talks to help you
prepare to celebrate the
birth of our Lord,
Jesus Christ



The Stages of Giving and Receiving Forgiveness

By Johnnette Benkovic

“For if you forgive others their trespasses, your heavenly Father will also forgive you.” - Matthew 6:14

Reflective Questions

1. Johnnette says, “Unless we forgive, or even to the measure that we forgive, God is going to forgive us. If we want full forgiveness from God, it is imperative that we must forgive.” How have you not shown forgiveness? Is there something still left in your heart, body and mind that you need to process?
2. We cannot forgive without God’s grace. If you have not been able to forgive something or someone in the past, what are the ways that you can devote yourself to seeking God’s graces in the next few weeks so that you will have what you need to forgive?
3. Johnnette shares that we need to allow ourselves to recognize the emotions and our hurting before we’re able to forgive. Have you allowed yourself to do that? Johnnette shares a few ideas in her talk about how to do this...
4. The next step is to exercise understanding. This isn’t having sympathy, but it’s having empathy to ask, “What could have caused this to take place? If I

were to be in that person's shoes, how would I interpret all of this? What could have gone so seriously wrong that it could have yielded such actions towards another?" These are hard questions to ask. How have you showed another person empathy when they have hurt you in the past? How have you needed someone to be compassionate towards you when you needed to be forgiven?

5. As we begin a new year soon, is there someone from whom you need to seek forgiveness? Consider intentionally seeking forgiveness.