**Small Group Ministry**

**Group Session Plan**

**Forgiveness**

**Opening Words**

These are the days that have been given to us; let us rejoice and be glad in them. These are the days of our lives; let us live them well in love and service. These are the days of mystery and wonder; let us cherish and celebrate them in gratitude together. These are the days that have been given to us; let us make of them stories worth telling to those who come after us.

William R. Murray

**Check-in/Sharing**

**Topic/Activity**

No, I forgave because that is what I needed to do to feel whole, to like myself and to rid myself of the excess emotional baggage that was weighing me down and holding me back. I wanted peace of mind, and I could not have it as long as I was stymied by unfinished business from my past and expending most of my energy nursing my unhealed wound. I was not happy with myself or my life. I thought maybe, just maybe, I could do more and be more than I was. And so I chose to heal.

Suzanne Simon

1. What does it cost not to forgive?
2. What keeps us from forgiving?
3. How have I learned to forgive?

**Likes and Wishes**

**Closing Words**

As we leave this community of spirit, may we remember the difficult lesson that each day brings more things than we can do. May we do what needs to be done, postpone what does not, and be at peace with what we can be and do. Therefore, may we learn to separate that which matters most from that which matters least of all.

Richard S. Gilbert

© Unitarian Universalist Community Church, Augusta, Maine