

# **Forgiveness: A Journey from Hurt to Freedom**

## **By Fr. Brendan McGuire**

### **Session 1**

**Video Clip shown to show a forgiveness in a courtroom:**

<https://www.youtube.com/watch?v=iY8iWJ5h5aM>

### **Forgiveness Prayer**

Our Father, who art in heaven, hallowed by thy name, thy kingdom come, thy will be done on earth as it is in heaven Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us...

Lord, you know how angry and hurt I am over what this person has done to me. I would like to make them suffer the way they have made me suffer.

But I know that I cannot be close to you and hold this anger and unforgiveness at the same time. I want to be close to you more than I want to get even.

I know you are always having to forgive me for how I wrong you and others around me, so I confess my pride to you, I confess my hurt has stopped me from forgiving, my past has dominated my present and I want to let and forgive.

So, in your name and with your power, I forgive \_\_\_\_\_ . I believe that you love them as much as you love me, even if I do not agree with you or like that fact.

I want to release them and the consequences of whatever they have done into your hands. Help me to continue to release them each time that I think about them.

I desire your peace and healing within my heart. I desire to live in freedom and live in your love.

In your name, I pray.

...and lead us not into temptation, but deliver us from evil. For the kingdom, the power, and the glory are yours, now and forever. Amen.

## I. Conclusion

### A. Scripture

- Matt 18:23-35—Parable of the forgiving King
- Luke 15:1-7—Parable of the Lost Sheep
- Luke 15:8-10—Parable of the Lost Coin
- Luke 15:11-32—Parable of the Lost Son

### B. Questions

- If our lives were a house, how much space do we rent out to our grievances, past hurts, and past pains? Is it a small closet, the spare bedroom, garage or master bedroom?
- What misconceptions of forgiveness are new to me?
- What misconception of forgiveness is hard for me to accept now?
- In what ways have I locked myself in my own prison cell by being unforgiving? What does it feel like?

### C. Prayer

## Doubts

Edwina Gately  
*Psalms of a Laywoman*

O God, that I may see a little,  
That though I may seem confident and sure,  
I be aware that I can also be wrong,  
That I might never be so sure of myself  
That all doubt is swept aside.  
For I am human and should be prepared  
To be brought low,  
To be found mistaken.  
O God,  
Don't let me claim confidence in you

Where it is only confidence in myself.  
Don't let me seek a new way  
Only because it challenges me  
But may not be right for others.  
Give me, God,  
The wisdom to see  
What you will  
And not what I want;  
What you have planned  
And not what I have dreamed;  
What you wish to build  
And not what I want to achieve;  
The wisdom, O God,  
To see the difference,  
The courage and humility to accept—  
If I am wrong.