

How to Forgive: Narratives, Practices, and Prayers

Here is a 'Reflections Guide' designed to help you process the learning experiences of the session. These questions may guide you in applying today's material toward the eventual construction of a ritual that you may use.

1. What is your unanswered question? What need do you bring today?
2. What is an insight or piece of wisdom that you gained today from a text, from a colleague, or from the instructor?
3. What actions/rituals might you associate with your learning today?
4. What is your envisioned resolution?