

AN AT HOME RETREAT
WITH THE LORD'S PRAYER

Session 10 Practices

“As we forgive those who trespass against us”

Consider making space for one or more of the following practices today and throughout your at-home retreat. You may discover something you wish to continue even after the retreat is finished!

1. The A,B,C's & D of Forgiveness

A - Acknowledge the hurt and the feelings that arise
-Name that we are hurt and we are angry.

B - Blockages
-What is preventing me from forgiving someone?

C - Cauterize the residual resentment
-There will still be residual feelings from the hurt even after we get in touch with A & B.
-*Ritual* - Write a letter to the person expressing your feelings.
-It is not necessary to send the letter to the person who hurt you.
-*Meditation* - Use breath to breathe out anger and breathe in forgiveness for the person.
-*Prayer* - Pray for the well-being of the person who hurt you.

D - Decide to move on
-Forgiveness isn't a feeling, it's a decision.

2. Meditate and pray over Matthew 18:21-35

3. Reflect on the following quote:
“Forgiveness sets a prisoner free, and the prisoner is you.”