

# Forgiveness and Reconciliation

The background is a solid blue color. A thin, light blue curved line starts from the top left and curves downwards towards the center. A larger, light blue shape, resembling a quarter-circle or a wedge, is positioned in the lower right quadrant, overlapping the main blue background.

# Reconciliation

- The word reconciliation comes from words meaning “flow together again”
- When people reconcile with one another, they are able to live in harmony

# Reconciliation

- Reconciliation cannot occur unless a person is sorry for the wrong that he/she has done

# Reconciliation

- Reconciliation can occur only if two elements are present:
  - Conversion: a change of heart and a reorientation of one's life
  - Forgiveness: a willingness to let go of the desire for revenge and instead seek what is truly best for the person being forgiven

# Conversion

There are three components to conversion:

- 1) **Contrition:** the recognition that one committed a harmful act and feeling sorry for that action
- 2) **Confession:** telling the person(s) you hurt that what you did was wrong, and confessing to others
- 3) **Correction:** making up for the wrongdoing

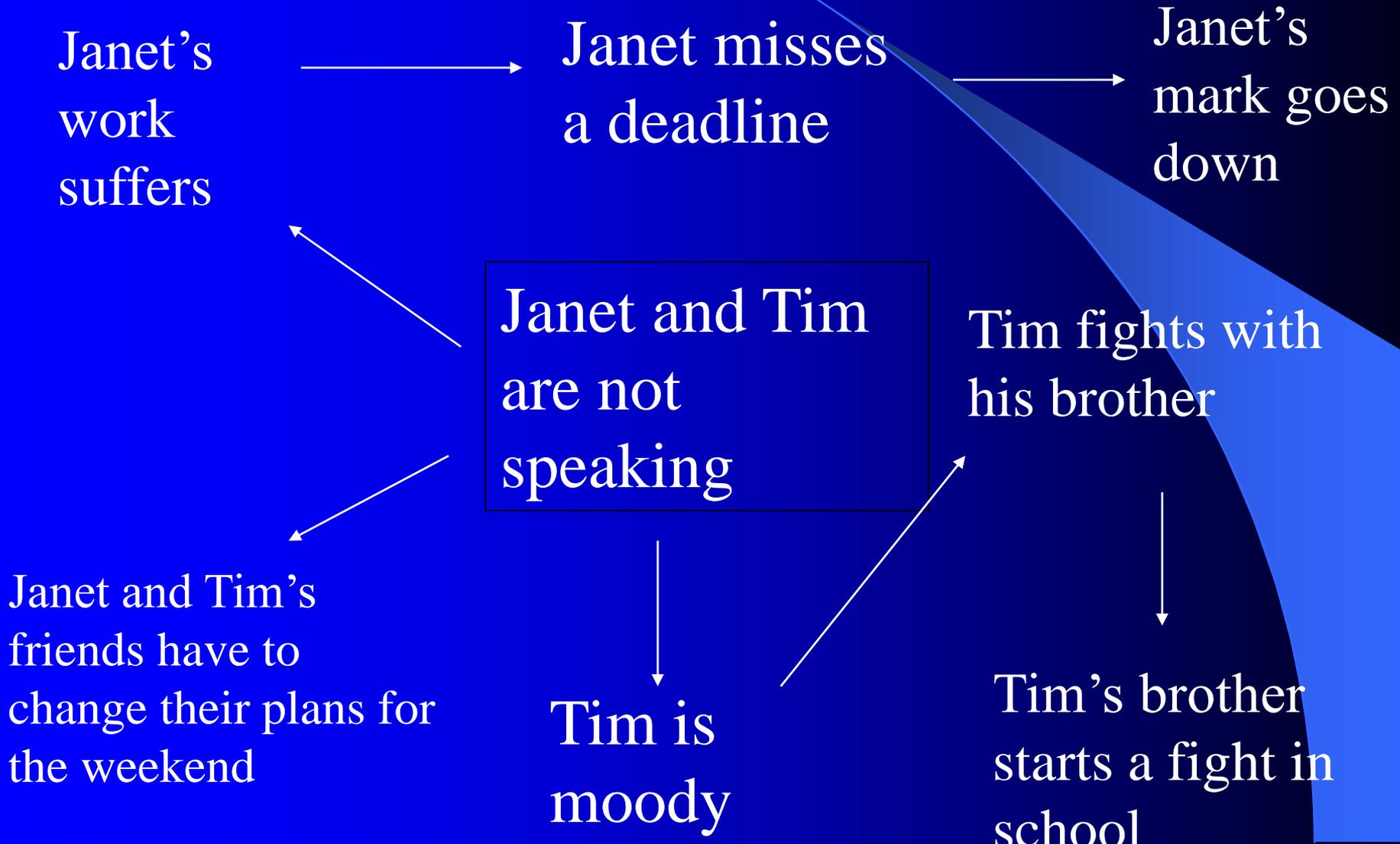
# Forgiveness and Reconciliation

- Does not necessarily guarantee a future relationship
- This is something we all need to develop
- It frees us from the destructive power of anger and frustration

# Forgiveness and Reconciliation

- Forgiveness **is a decision**
- Forgiveness **begins with God**
- Forgiveness is one of the starting points in making us closer to God
- Everyone has the ability to forgive

# The Need for Reconciliation



# Apply the steps of Reconciliation to the Following Situation:

You get into an argument with your parent (mom or dad – whomever you argue with most) about something minor. You get upset and frustrated and yell “I hate you! I wish I had better parents.”

How will you reconcile?

Make up a problem for your partner to solve.

*le: Apply the steps of reconciliation to the following situation . . .*