Forgiveness and Reconciliation
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

Janet’s work suffers → Janet misses a deadline → Janet’s mark goes down

Janet and Tim are not speaking → Tim is moody → Tim’s brother fights with his brother

Janet and Tim’s friends have to change their plans for the weekend → Tim’s brother starts a fight in school
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.

Ie: Apply the steps of reconciliation to the following situation . . .