

CHARACTER
CORETM
MAGAZINE
BY STRATA LEADERSHIP



WHAT IS FORGIVENESS?

Releasing feelings of resentment

“

*The weak can never forgive.
Forgiveness is the attribute of the strong.*

”

Mahatma Gandhi

1. LET GO OF THE OFFENSE

Forgiveness begins when we can rise above offenses caused by the other person.


2. FOCUS ON THE POSITIVE

A positive attitude empowers you to leave behind feelings of resentment and anger.

3. REBUILD THE RELATIONSHIP

Try your best to take steps toward rebuilding what was broken by the offense.

DISCUSSION STARTERS

1. What does it mean to “let go of the offense”?
How is this different than “forgetting”?
 2. What are some of the reasons it is difficult to forgive?
 3. How can you show kindness to someone who has wronged you?
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