

***“Why Is It So Hard to Forgive Myself
(and others)?”***

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These can be personal questions. You are invited to ponder these questions but you do not need to write them down if it is too personal and you will not be asked to say out loud your answers.

What does “forgiveness” mean **to you**?

What are some reasons that you might not forgive someone else?

What keeps you from forgiving yourself?

Why does God forgive us?

What did Jesus say to the woman caught in adultery?