



### **Video 1: Forgiveness and Healing**

Healing begins when we stop hiding our wounds and bring them to Christ. Forgiveness is not about forgetting but about choosing freedom from resentment. Jesus kept His wounds after His resurrection—not as a sign of suffering, but as proof of His love. Our wounds, when given to Him, can be transformed into grace.

#### **Wisdom from the Saints**

**"You cannot forgive without the power of the Holy Spirit."**

— St. John Paul II

Forgiveness is a choice we make with God's help. It is not about excusing wrongs but about freeing ourselves from the burden of anger and resentment.

**\*Be sure to get to confession and confess wherever you have resentment!**

#### **Family Challenge for the Week: A Step Toward Healing**

##### **Act as if You Have Forgiven**

1. Take a moment to reflect: How would your actions change once you have forgiven?
  - What will be different?
  - Who will notice?
  - How will it help you?
1. Secretly choose one day this week to act as if you have forgiven the person who hurt you.
2. Notice how you feel and act, as well as any differences you have in your interactions.
3. On Sunday, gather with your family and see if they can guess which day you chose to forgive.
1. If certain things still feel too difficult to forgive, write them down and place them in a "Surrender Box" (a small box or envelope where you symbolically give the pain to Christ).
2. End the week with a family prayer for healing and unity.



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### **Prayer for Surrender**

"Lord Jesus, I give You this hurt. I no longer want to carry the weight of resentment. Teach me to forgive as You forgive me. I trust that You will bring healing in Your time. Amen."

### **Goal of the Exercise**

To take an intentional step toward healing by experiencing the freedom that comes with forgiveness. By choosing to act differently, we open our hearts to God's grace and see how forgiveness can transform us and our relationships.

 *Reflection: "What if my wounds, instead of being a source of pain, became a place of greater knowledge of Christ's love, and an invitation to deeper relationships?"*



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