



Week Leading up to 5.1.22: The Power of Forgiveness

***{Start with reviewing the previous meeting's challenge or discuss prior to sharing this week's challenge.}**

Let's Begin: Think about how the challenge went for the last session. What went well? What was difficult?

Opening Prayer:

Begin with a brief moment of silence shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Read: **John 21:1-19**

After the Reading Conclude with this prayer:

Heavenly Father, You taught us to pray "forgive us our trespasses as we forgive those who trespass against us." We beg You for the grace and strength to live up to those powerful words. Soften our hearts; may they beat with Your own divine heart to help us become people of mercy. Amen.

Reflection or Discussion Question:

1. Many scripture scholars have noted that it was around a charcoal fire that Peter denies Christ three times. In today's reading Peter and Jesus are around a charcoal fire when Christ extends forgiveness by asking Peter the question, "Do you love me?" three times. It's a powerful story with symmetry. Do you have any favorite scripture stories that reveal the power of forgiveness? Do you have any personal stories that remind you of the power of forgiveness?

YouTube Video: The Story of Jennifer Trapuzzano (6:53 min) - <https://youtu.be/UGrbtma7LgE>

Reflection or Discussion Questions:

2. This is an intense and powerful video. What are some of your initial reactions/thoughts?
3. Do you think you would have the strength to forgive a person in a situation like Jennifer's? Why or why not?
4. Often when we are hurt, we want to hurt others in return. Ghandi is quoted as saying, "An eye for an eye makes the whole world blind. What do you think of this quote? Have you seen or felt the effects of its sentiment in your own life?
5. Christ teaches us to love, pray for, and forgive our enemies. This is possibly one of the most difficult actions we are called to do as disciples. Why do you think God/Jesus made this teaching so essential for his followers?
6. Have you ever extended forgiveness to someone that isn't sorry or is there someone in your life Christ might be calling you to extend forgiveness to? Would you mind sharing a little about that or the process you went through to offer forgiveness?
7. Is there someone in your life from whom you should ask/seek forgiveness? Would you mind sharing a little about that?

Session Challenges: {Choose one or both}

- Reflect: Is there someone in your life to whom you should extend forgiveness? Let that forgiveness begin in your desire, then in your prayer, then maybe express your forgiveness to that person.
- Pray the Divine Mercy Chaplet each day, keeping in mind your personal request for God's mercy but also that you are to extend mercy in turn.

Closing Prayer: (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.) We also recommend praying at least one decade of the Divine Mercy Chaplet to close the meeting. Instructions on how to pray the Divine Mercy Chaplet can be found here: [Divine Mercy Chaplet PDF Instructions](#) or listen to this musical version: [1 Decade of Divine Mercy Chaplet with Matt Maher](#)

{Optional additional Readings} Sunday Reading 1: **Acts 5:27-32, 40-41** Reading 2: **Rev 5:11-14**