



Episode IV – Anger and Forgiveness

***{Start with reviewing the previous Meetings 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: **Ephesians 4:29-32**

After the Reading Conclude with this prayer:

Heavenly Father, fill our hearts and minds with kindness, tenderness, compassion and forgiveness. May we love and care for those in our lives as we desire to be loved and cared for. Amen.

Video: Seven Deadly Sins, Seven Lively Virtues Video: Episode IV – Anger and Forgiveness

Reflection or Discussion Questions:

1. Did anything said in this video on Anger and Forgiveness resonate with you or truly strike you? Why?
2. St. Thomas Aquinas defined anger as, “the unreasonable desire for vengeance.” Is this similar or different from how you have typically thought of it?
3. Bishop Barron says that, “anger immediately cuts off the organs of communication”. How have you seen this play out?
 - a. In our country?
 - b. In your family life?
 - c. In yourself personally?
4. Bishop Barron says that the antidote is not peace but forgiveness. Was that surprising to you? Bishop Barron defines forgiveness as, “an active engagement with evil in an attempt to undermine it.” Have you experienced times when difficult forgiveness has paid off and dispelled anger?
5. Can you think of places in our culture where the forgiveness of sins is rejected as “weak” or wrong? How can we make it clear that forgiveness and mercy are the ultimate examples of the power of God?
6. Is there anything from today’s session that you can practically apply to your life this day/week/year?

Session Challenge:

- Take a *concrete* step today to heal a broken relationship, such as writing a note or making a phone call. Don't let forgiveness be just a vague abstraction; do something concrete.

Closing Prayer: (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.)

Close with an Our Father Prayer paying special attention to the words, “Forgive us our trespasses AS WE FORGIVE those who trespass against us.”

{Optional additional Readings} Mark 3:1-5; John 2:13-17; Matthew 26:50-54; Luke 22:50-51,

CCC 1765.