FORGIVING



Restore harmony with forgiveness.

What it's about: what it does for us...

...Feeling hurt by others and choosing to be kind, in order to maintain peace and stay friends.

We feel this when...

...someone has done us wrong or offended us, but we choose to be whole hearted and kind and avoid making a fuss.

It makes us...

...able to rise above an offence or disagreement and let it go, rather than hold a grudge or persist with the argument.



