

The Sacred Art of Forgiveness

DISCUSSION QUESTIONS

- * Throughout the book, Ford looks at some common sayings about forgiveness. What are some sayings that you don't understand or don't agree with? Why do you feel the way you do about them?

- * Sometimes forgiveness seems impossible, yet Ford tells stories of people who forgave offenders who committed acts like murder. How do you think you would respond if you were in a similar situation? Where do you think the power to forgive to that degree comes from?

- * One of our greatest challenges is learning to forgive ourselves. Why do you think that is? What is it that has kept you from forgiving yourself, either now or in the past? What would you say to others to help them forgive themselves?

- * Ford calls a forgiving spirit a sign of maturity. What do you see as the relationship between being a forgiving person and being a mature person?

- * Jesus told Peter, one of his disciples, that we are required to forgive a person not seven times, as Peter suggested, but "seventy times seven." Many scholars have commented on what Jesus meant by that, but what does it mean to you personally? How are we to interpret his words and apply them to our lives in the twenty-first century?

- * In chapter three, Ford writes about the regret people may experience as the years go by and they remain estranged from someone they should have forgiven or sought forgiveness from. Look forward to the years ahead—what regrets do you think you may experience, and what can you do today to avoid those regrets?