



How can I forgive  
when it hurts so much





## Topic For Sharing & Discussion:

Have you ever forgiven someone?

Tell the story in details (who, how, and where)

**For example, someone who:**

- **Has hurt you**
- **Has hurt someone you love**
- **Stole something from you**
- **Said bad things about you**
- **Lied about you**

# Forgiving One Another As God Forgave You

**Ephesians 4:32**



If we really want to love we must  
learn how to forgive.

— *Mother Teresa* —





FINAL  
WORDS  
FROM THE CROSS

FATHER FORGIVE THEM...

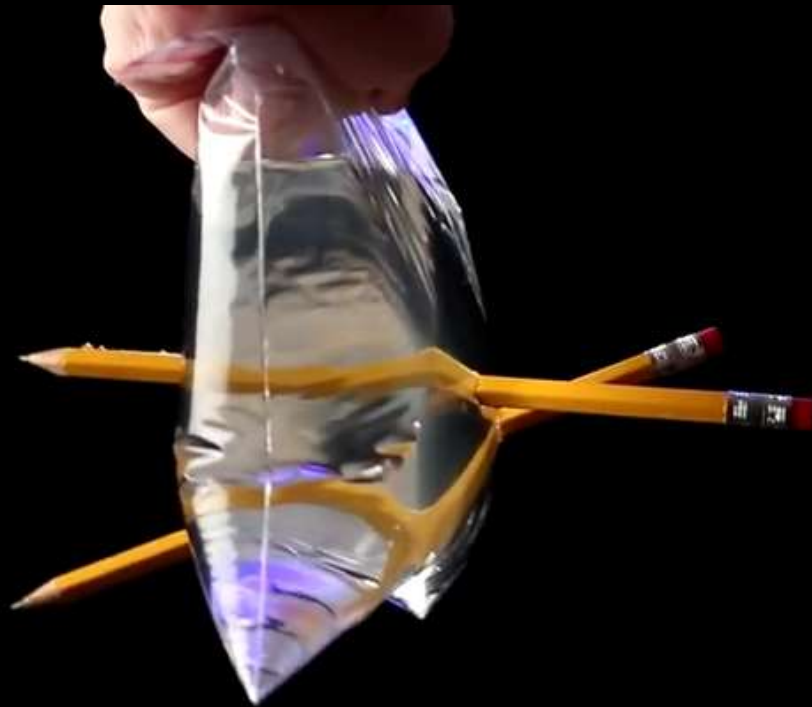
*Love one another*  
as I have loved you  
- Jesus (John 13:34)



Father, I know you are my loving God who gave your only Son to die on the Cross for my sins. You've taught me to forgive. But I'm weak, I can't do it alone; please help me.

Please grant me the courage and the strength I need to open up my heart and forgive others. I ask this in Jesus name. Amen.

**Demo:**  
**Pain, suffering, and forgiveness**





**Let he who is without sins cast the first stone...**

