

Lesson 3 Types and Acts of Forgiveness

1. What are the 4 types of forgiveness?
2. What are the 2 acts of forgiveness?

Reflection Questions: “From Decision to Healing”

1. Which kind of forgiveness (divine, self, human, or social) feels hardest for me right now? Why?
2. When I say “I forgive,” do I feel peace—or just pressure to be a good person?
3. What emotions still rise when I remember the offense? What might they be trying to tell me?
4. What keeps me from showing myself the same grace I give to others?
5. What would it mean for me to *feel* forgiveness, not just *decide* to forgive?
6. How has God shown me mercy—and how can I reflect that mercy toward myself or others today?