



Forgiveness Workshop (one night, 2 hours)

Scheduling: This agenda as written is 1 hour 40 minutes. You can include more material, or just allow more time for questions/discussion as you go. We do recommend scheduling the meeting for 2 hours because people may want more discussion/sharing. You can always end early. Arrange tables to allow for table discussions.

Bulletin Announcement: You want me to do what?? Are you struggling with forgiving someone who has really hurt you? You are not alone! Forgiveness isn't about forgetting or excusing the abuse. Come join an interesting evening of stories, videos, scripture, Q&A, and a short prayer service led by xxxx, member of Forgiveness Institute KC, Inc. There really are predictable "common denominators" in the challenging process to forgive. Class will be held in the xxxx. Bring a friend, all faiths welcome, no cost, archdiocesan approved! Please RSVP to xxxx, and check out www.yeabut.org for more information on this ministry.

Materials Needed:

Handouts (Attached)

- 1.) Reflection Questions
- 2.) Evaluation Form

Scissors

Pens

Name tags or Table Tents

Music for opening and closing

Access to FIKC videos

Coffee can / matches or lighter for burning ceremony at the end

This is a suggestion of an agenda, but feel free to adjust and customize to include what you feel is best for your situation.



Forgiveness Workshop (2 hours)

General Introduction

5 minutes

Song: Holy Spirit, F Battistelli PLAY to 2:40

Opening Prayer (Can use Transformation Prayer in Training Binder)

⇒ Ask attendees to open their hearts/minds in order to process wounds

History of Forgiveness Institute KC, Inc.

15 minutes

(106v) [Chuck's Welcome to the Adventure 3:37](#)

- Currently FIKC has 13 trainers in 4 states
- Course options: online course, audio course, and classroom presentations
- Course has received Imprimatur from Archbishop Emeritus Naumann of KC, KS
- Just like we spend money on ADHD, Autism, etc, our families, communities, and nations need to focus on forgiveness. We have found that teaching people how to forgive works! Many success stories and relationships restored!

Tonight's Goal: To provide a general overview of a Forgiveness Process, We may not be able to go deep into individual situations, as we want to give you an overview of the process.

⇒ Additional course will be offered on ____ for those that want to continue learning.

We are going to be playing some videos and we would like to get your "blink". A "blink" is a 30 second or less observation. We'll go around the room to hear everyone's blink.

The first video is to get some discussion going and we'd like to get your blink after watching. (107v) [Intro into Larry's Story 1:39](#)

Ask for Blinks

Take 2 minutes to fill out the handout Q1 - Q3 2:00

- Hallway speech **Q1 on HANDOUT**
- Write down event/person they wish to forgive **Q2 on HANDOUT**
- Embrace/defend/clarify your yea.but **Q3 on HANDOUT**

The next video features Dr. Mack, a psychologist who focuses on forgiveness
(138v) [Dr. Mack - horse collar , 1:13](#)

Are you ready to get rid of the horse collar? ⇒ Let's go!

Step 1 - How do we handle the hurt?

15 minutes

Truism: AOP: Acknowledge Own Process: if you don't AOP your suffering, then it owns you

The next video features Kim whose father was not present or reliable

(212v): [Kim - upset stomach, 2:09](#)

Ask for Blinks

The next video features Jermaine who was incarcerated at Leavenworth and went on to be mayor of Leavenworth. This video highlights the theme of "Hurt People Hurt People"

(217v) [Jermaine: prison confession 1:00](#)

Prisoner didn't AOP and the cycle continues

Ask for Blinks

To begin to forgive, you need to embrace what we call "Project Windshield". We stop looking in the Rear View Mirror and start looking **forward** instead of looking **back**

Truism: People will frequently not resolve conflict UNTIL they have had an opportunity to share their hurt with another and they feel like they have been listened to. This is a critical first step! We invite you to take a minute to think about who you can share your hurt with, if you haven't already.

Step 2 - Forgiving

15 minutes

Truism: Forgiveness is a CHOICE, it is not intrinsic, it's not a learned behavior, it is an acquired skill.

The next video features Alison who's father was brutally murdered

(312v) [Alison: Decision to forgive must be made over and over, 1:30](#)

Ask for Blinks

(321v) [Kim: you can't fix him, :38](#)

Ask for Blinks

Difference between forgiveness and Justice: Many have seen the picture of John Paul II in the prison cell forgiving the man who tried to kill him. JP II forgave the man, but he did not ask for his release from jail, that is justice.

Reframe: (231v) [Dr. Mack Frame 1:21](#)

Ask for Blinks

Consider playing a Joke to lighten the mood (141v, 204v, 305v)

Step 3: Victim to Victor/Survivor**15 minutes**

Truism: Be prepared by our past, but not defined by it. Go from VICTIM to SURVIVOR/ VICTOR/CHRISTIAN. Your destiny is too important”

(417v) Jim, The Load is Lifted, :50

(416v) Alison, Choose To Be A Survivor, 1:02

Ask for Blinks

Jermaine went from being incarcerated to being the major of Leavenworth

(415v) Jermaine: From Victim to Victor, 2:10

Ask for Blinks

(518v) Embrace the Paradox, 2:15

Ask for Blinks

Self Talk: Our self talk can be very destructive. What talk/thoughts needs to be evicted?
Q4 on HANDOUT

How do you know when you’ve forgiven?

Litmus test

1. Peace & Tranquility
2. Authentically pray for the well being of the perpetrator
3. Desire to tell others

But it takes time to get there.

If you would like to pursue this topic further, we have a couple of options:

Follow up course at this parish on xxxx

Audio course that you can listen to for 12 days, go to yeabut.com under “courses”

Q&A**20 minutes****Next Steps:****5 minutes**

1. What is God Calling You to Do? **Q5 on HANDOUT**
2. Review upcoming / follow up class options again
3. Fill out Evaluation Form

Fill Out Bottom of “Help Us Grow” Form w/ prayer intention on it & End With Prayer Service

10 minutes

(have people cut off intention and burn if you can, see binder for prayer service option)

THANK YOU FOR ATTENDING



Evaluation Form

Help Us Grow!

Location: _____ Date: _____ Instructor: _____

Your "Presence" was greatly appreciated! THANK YOU for sharing and being a part of this workshop!

1.) Name 1, 2 or 3 things in the class/presentation that were particularly helpful to you.

2.) Name 1, 2, or 3 things that we could improve on.

3.) What was your biggest take-away?

Forgiveness Education works! Your support of time, treasure or talent to the ministry of Forgiveness Education is greatly needed and appreciated. We need and welcome your support! Take action to do what God is calling you to do. Heal a familial relationship, become a facilitator, make a one time or monthly pledge, bring this ministry to your church, business, or organization.

Forgiveness Institute KC, Inc. has a monthly newsletter. Please provide your email!

Name _____

Email _____

Phone _____

What event, person, or "self talk" do you wish for God's help in releasing? List something you hope to let go of or surrender:



"You want me to do What?"

Welcome! Thank You For Being Here!

- 1.) What are 1, 2 or 3 bullet points of your "one minute hallway speech"?

- 2.) Name the person and/or event you wish to forgive:

- 3.) Embrace, clarify and defend your "yea but".

- 4.) Can you name the "self talk" that needs to be evicted?

- 5.) What is God calling you to do? What is your plan of action?
