

**Lenten Reflection Group  
Learning Forgiveness**

**Mondays, 10 a.m. & 7 p.m.**

**Leaders: Dorothy Cheasty & Jeff Edmister**

**Session 1 - February 22: Forgiveness, Communion, and Renewal**

Luke 15:10b – *Jesus tells his disciples and those gathered “there is rejoicing in the presence of the angels of God over one sinner who repents.”*

Forgiveness is an outpouring of love from the inner life of the Trinity, and can only be fully understood when experienced as a transforming power in the life of a human community that mirrors God’s being.

**Session 2 – March 1: Conscience vs. Consciousness**

Psalm 51:10 – *“Create in me a pure heart, O God, and renew a steadfast spirit within me.”*

Without the Spirit’s aid, we cannot penetrate our inner darkness. Our lives are like icebergs; what we know on the surface is a small fraction of what lies below the water level of waking consciousness.

**Session 3 – March 8: Judgment-Condernation or Discernment**

Matthew 7:1 – *Jesus teaches “Do not judge, or you too will be judged.”*

Each of us secretly harbors despised parts of our own personality, impulses, and reactions we are ashamed of: jealousy, greed, rage, self-pity, the need to be right, the desire to win, the exhilaration of feeling superior.

**Session 4 – March 15: Why Forgive**

Matthew 18:35b – *Jesus says: “forgive your brother from your heart.”*

The sense in most New Testament teachings is that forgiving others is imperative, not optional. Jesus is not merely inviting or suggesting forgiveness.

**Session 5 – March 22: Forgiveness, Repentance, Reconciliation**

Luke 17:3 – *Jesus told his disciples: “If your brother sins, rebuke him, and if he repents, forgive him.”*

In Luke’s gospel, Jesus forgives those who torture and ultimately kill him unjustly, and clearly does so before any of his accusers or executioners show evidence of repentance.

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