



## FORGIVENESS

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Welcome, Brave One! As a part of our “Brave Where You Are” series, we encourage you to use these discussion questions with your group or on your own. We all have the ability to be BRAVE in some way, right where we are! Our hope is that this lesson empowers you to understand that you are valued, you are loved, you have a purpose, and that you can use these tools to help someone else! **We are cheering you on.**

**STEP 1:** Watch Katie Castro’s “Forgiveness” Video: [https://youtu.be/oEOXPD5\\_YmE](https://youtu.be/oEOXPD5_YmE)

**STEP 2:** Walk through the below discussion questions on your own or with your group.

1. What kind of inner work is this season stirring up in you? Are there things that are being stirred in you that you think it might be a good time to work through?
2. Are there people in your life that you could work on forgiving right now? What would the process look like for you to forgive them?
3. Draw a picture of what the valley of tears and the place of springs might look like.
4. What would it look like for you to make your own valley of tears into a place of springs? Be specific. What words or actions would describe your place of springs?
5. Who can you trust to guide you through this forgiveness work?

**STEP 3:** Share with a friend! Everyone has someone they know who needs more tools and resources to navigate their every day challenges. Who can you share this lesson with today?

***For more online lessons and activities, go to [braveglobal.org/resources](http://braveglobal.org/resources)***