



# Forgiveness



# Prayer

O my God, O my Lord, O my Master! I beg Thee to forgive me for seeking any pleasure save Thy love, or any comfort except Thy nearness, or any delight besides Thy good-pleasure, or any existence other than communion with Thee.

(The Bab, Selections from the Writings of the Bab, p. 215)

# Quotation

He should forgive the sinful, and never despise his low estate, for none knoweth what his own end shall be.

(Baha'u'llah, Gleanings from the Writings of Baha'u'llah, p. 265)

# Discuss the Spiritual Quality

Forgiveness is choosing to overlook mistakes and love the person who made them regardless. We should forgive others and also ourselves. When we forgive, we do not punish anyone or feel hopeless. We move ahead and decide to do things differently.

When we have forgiveness, we have faith that people can change and we show compassion for bumps in the road of life.

# Discuss the Spiritual Quality (cont.)

- How do you show Forgiveness when someone accidentally hurts you?
- How does it feel when someone shows Forgiveness to you?
- What happens when we don't practice Forgiveness?

# Story



*Booklet Page 1*

Forgiveness helps us overlook our own faults  
and the faults of others.



*Booklet Page 2*

Practicing forgiveness means we choose to love even when mistakes are made.





## *Booklet Page 3*

We can forgive others and we can also forgive ourselves. We can trust that we will learn from what happened and do better next time.



*Booklet Page 4*

Everyone makes mistakes. Forgiveness is important for everyone to get along.



*Booklet Page 5*

When we forgive, we look beyond weaknesses to see the wonderful things about every person including our own self.



## *Booklet Page 6*

Forgiveness helps us have compassion for each other and gives us hope that we can all change for the better. Forgiveness helps us have fun even when times are hard.



**We Will Forgive**  
**(tune of “Twinkle Twinkle”)**

Sometimes life is lots of fun  
We work and play and laugh a ton

We all have some hard times too  
We make mistakes both me and you

When those hurts and tears happen  
We will forgive and try again

**Will Say I'm Sorry**  
**(tune of "Mary had a Little Lamb")**

When I bump into someone, or  
break something, or make a mess

When I yell or hurt someone  
I will say I'm sorry

Sorry is a way to say, I know I should  
change my ways

When I need to make amends  
I will say I'm sorry

# **Activity**

*Let's all practice forgiveness!*