

# **A Course in Miracles and World Peace**

A Five-Week Seminar

by

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## **Lesson 5: Forgiveness and A Course in Miracles**

### **I. INTRODUCTION**

START WITH REV RICHARD BURDICK'S 'I FORGIVE YOU' MEDITATION CHANT

### **II. DEFINING FORGIVENESS**

### **III. A THREE-STEP PROCESS FOR FORGIVENESS**

1. Forgive yourself

2. Forgive the other

3. Forgive God?

### **IV. A FORGIVENESS EXERCISE**

### **V. WRAP-UP QUESTIONS AND DISCUSSION**