

I Forgive You Conversation Sheet

1. What is forgiveness?
2. Is forgiveness forgetting the bad thing that was done to you?
3. If not, how can you forgive when you still remember the bad thing that the person did to you?
4. What will unforgiveness do to you if you don't let it go and forgive?
5. Look back at Verse 1 of the song. How was the rapper affected when he did not forgive the person who wronged him?

“That the more I was stubborn
Man the more it affected me
Now I'm holding on and can't let go
...but my anger won't let me sleep”

6. What do you think is forgivable and what is not? In other words, what could you forgive a person doing to you and what would be very hard for you to forgive?
7. Why is forgiveness so important for your relationships with others?
8. How does unforgiveness cause relationships to fall apart?
9. What are some other negative things that unforgiveness can lead to?
10. Are you holding any unforgiveness towards anyone? Why?
11. Will you express forgiveness towards this person? When and how?