

FAMILY ACTIVITY

Activity: Asking for forgiveness

Practice sincere apologies before small hurts become lasting wounds.



5-10 minutes



As a family



Paper and pencils

If we are incapable of genuinely apologizing for little things, our hearts can become hardened and, over time, we become incapable of apologizing when we truly hurt someone. Take a few minutes to practice genuine requests for forgiveness.

Reflect quietly: Have I hurt someone lately, whether intentionally or unintentionally? How can I make it right?

On a small piece of paper, write a simple sentence: "I'm sorry for . . ."

Try to keep it simple and specific. Avoid justifications or shifting blame.

*Even if you don't have an apology to give to everyone, write a note of appreciation instead. "I'm thankful for you because . . ." At the end of this activity, each person should receive a note from the others.

Once you've received a note, there's no need for an immediate response. You can say "Thank you" or smile in acknowledgement.

Ask: Did it feel easier to write than to say it?

Close with a prayer asking the Lord to help your hearts stay tender, be quick to forgive, and ready to make things right.