

Forgiveness Benefits the Forgiver

In each of the five-week sessions, concepts about forgiveness will be presented and class participants will be encouraged to discuss their thoughts and experiences. The book, Forgive for Good, will be introduced during the first class and students will be asked to read the book for the upcoming classes. Forgiveness stories, short videos, an article, and additional resources will also be provided to illustrate course content. Students will learn about forgiveness practices and how to develop a forgiveness lifestyle.