

Forgiveness Stones

Relationships can be fragile. Just as we all have the capacity for great acts of love and kindness, so too we all have the capacity to cause pain and sadness. We can sometimes hurt others by the things we do or the things we say.

What hurtful things have you said or done to others? Other people can hurt us by the things they say and do. What hurt or painful memory are you carrying because of something said or done to you?

Next time you go for a walk near a pond or stream why not find a stone which can represent your hurts and pains, or the things you have done or said which has hurt others. Perhaps if you have some stones in your garden you could write or draw on one and take with you on your walk.

Hold it tightly in your hand. Let the stone represent the pain you feel when remember what the other person said or did. Hold it tight for a moment - you will probably have strong feelings: anger, sadness, a heavy heart. You may long for justice or even revenge. Think about what these feelings do to you. The other person may not know or care how you feel - they may never say sorry.

We can't always see justice done, but we can be set free from the hurts.

Do you want to take these feelings with you? Or would you rather let them go?

To choose to let go of the hurts is to forgive. Jesus said "If you forgive someone's sins, they're gone for good. If you don't forgive sins, what are you going to do with them?" [John 20:23]

What will you do with your hurts? Will you carry them forever, or will you choose to let them go? If you don't feel you can let them go, put the stone back.

If you have chosen to let the hurts go, drop the stone into the water. Watch the water cover it. Remind yourself that you have chosen to let go. You may need to remember this in the days ahead.

Know that as you forgive, so you also are forgiven