



The Act of Forgiveness

Healthy Forgiveness and Nonviolent Engagement

Description:

Perhaps one of the most difficult text in Scripture is the classic passage on forgiveness in Mathew 5:38-42:

"You have heard that it was said, 'An eye for an eye and a tooth for a tooth.' But I say to you, Do not resist the one who is evil. But if anyone slaps you on the right cheek, turn to him the other also. And if anyone would sue you and take your tunic, let him have your cloak as well. And if anyone forces you to go one mile, go with him two miles"

In this text, Jesus seems to be saying that forgiveness means letting ourselves be hit on both cheeks, rather than one, and not only allowing our coat to be taken from us but even giving away our cloak. Obeying it seems like a sure fire way to end up being a passive doormat. Is this what Jesus is really saying? Or is it a passage about non-violence and offering our oppressor an offer of new life?

Learning Outcomes:

- Learn to forgive in an active, healthy way by moving through a five step process that renounces vengeance and retaliation, but is not passive or abusive.
 - Discover “Nonviolent Engagement” as a way of life in your family, neighborhood, and community.



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Mail or Return: St. Mary's Basilica or Hand Deliver Form During a Group Session.
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