



# FORGIVENESS RETREAT

## The Practice of Forgiving Others & Forgiving Oneself

A Guided Retreat Toward Healing & Grace

### Opening Orientation

Forgiveness stands at the heart of the gospel story. It is not denial of harm or pretending injustice did not occur. It is a costly, liberating movement of God, who absorbs violence without mirroring it and opens a future not chained to the past.

In this retreat, forgiveness is held as participation in God's reconciling life. It may unfold slowly. It may require support. It always honors truth.

You are not asked to rush toward resolution. You are invited to notice what is present within you and to trust that the Spirit works in honesty as much as in relief.

If strong emotions surface, pause. Step outside, move your body, or return later. You remain in choice.

### Preparing the Body

Before words, begin with breath.

#### Breath Prayer Practice

Sit in a posture that feels supported. Feet on the floor if possible.  
Hands resting where they feel steady.

**Inhale** slowly through your nose to a count of four.

Pause for four.

**Exhale** through your mouth to a count of four.

**As you inhale, silently pray:** *"Mercy meets me."*

**As you exhale:** *"I release what I can."*

Repeat for several cycles. Notice the space between impulse and response. Notice the subtle shift between holding and letting go. No need to change anything. Simply observe.

The Spirit is present as companion and advocate, attending to your heart, guiding, sustaining, and meeting you exactly where you are.

## Part One: Naming What Is True

**Forgiveness begins with noticing. Choose one focus:**

- Someone whose actions wounded you.
- A situation that continues to ache.
- A regret or harm you carry within yourself.

Notice your body's response. Where tension gathers. What temperature, pressure, or movement appears.

**You Might Explore:**

- What begins to stir beneath the first layer of emotion?
- What longing rests under the anger, grief, or shame?
- What need for justice, safety, or acknowledgment lives here?
- Where strength has already carried you through more than you realized?
- What picture of God rises when this wound comes into view?

Take your time. Write if helpful. Speak aloud if you are alone. Remain with what feels manageable.

Pause with each question. Let words, sensations, or images emerge naturally. The Spirit is present, sustaining your awareness and witnessing without judgment.

## Part Two: Receiving Mercy for Yourself

Shame often lingers long after mistakes or regrets. Scripture reminds us:

*"A broken and contrite heart, O God, you will not despise." Ps 51:17*

God does not turn away from honesty. Confession is not humiliation. It is a doorway back into relationship. Shame says you are the harm. Mercy tells the truth about harm without collapsing your identity into it.

Forgiving one's self is not excusing what happened. It is allowing God's mercy to shape who you are becoming.

Bring to mind one action, omission, or pattern you regret. Stay with a single thread rather than the whole tapestry. Notice the tone of your inner voice as this memory surfaces. Notice what happens in your body. Then take one slow breath.

## Reflective Questions

- What story about yourself has formed around this regret? Where responsibility is clear, and where burdens may have been added that were never yours to carry?
- What sorrow asks to be acknowledged before any movement toward grace?
- What image of God appears as you hold this memory?
- What compassion might be unfolding toward you, even if it feels unfamiliar?

Imagine God's gaze resting on you. Not dismissing what happened. Not minimizing harm. Not turning away. A gaze that holds steady truth and unwavering love at the same time.

God does not pretend your choices had no impact. And God does not reduce you to your worst moment. In the Divine, mercy and honesty meet. Dignity is restored without rewriting the past. Shame does not have the final word.

If strong shame surfaces, you may place your hand over your heart or press your feet firmly into the ground. You remain in choice. Nothing here demands speed.

**Breathe in:** *"Your mercy is real."*

**Breathe out:** *"I receive what I can."*

## Part Three: When You Sense a Call to Seek Forgiveness

At times, the Spirit nudges a movement toward repair. This is not about earning God's acceptance. You are already received. Seeking forgiveness becomes an expression of integrity, a step toward living in the light.

Repair is different from reconciliation. Repair is your willingness to name harm and take responsibility. Reconciliation involves the rebuilding of mutual trust and may or may not be possible. In some situations, especially where there has been abuse, manipulation, or ongoing harm, direct contact may not be safe or wise.

Before taking any outward step, pause. Let your body settle. Notice urgency, dread, or relief.

### Questions for Discernment:

- What relationship continues to rise into awareness over time?
- What unfinished truth presses gently or persistently within?
- What sensations surface in your body as you imagine speaking aloud what happened?
- What fears seek protection or reassurance before moving forward?
- What counsel from the Spirit or from wise companions might clarify timing and approach?

Stay with these questions without rushing toward action.

If, after discernment, you sense readiness to reach out, let your words be honest and grounded. Name the impact of your actions without defense or explanation. Offer your apology as a gift, not a negotiation.

Release the hope of managing the other person's response. Your faithfulness rests in truthful humility and care. What unfolds beyond that belongs to God's care.

Pause again.

- What steadiness or trembling moves through you as you consider this step?
- What freedom might exist even if the relationship does not change?
- Remain attentive to both courage and caution. Both can be movements of the Spirit?

## Part Four: Entrusting Pain to the Cross

The cross reveals a God who enters human suffering rather than remaining at a distance. It does not glorify harm, nor demand endurance. It shows a God who bears wounds without retaliation and opens a future not ruled by pain. Forgiveness flows from this self-giving love, not from denial, pressure, or shame.

If the image of the cross resonates, imagine walking toward it. If the image is difficult, picture a sacred space where Divine Love receives burdens without condemnation. This is a place of encounter, not expectation, where what is too heavy to carry alone may be held.

Notice what you are holding. Hurt done to you. Harm you have caused. Regret. Anger. Grief. Allow the body to feel the weight. And let the breath mark the space between holding and releasing.

When you are ready, place what you carry into God's care. Not erasing it. Not pretending it does not matter. Entrusting it. Let the body soften into the awareness that you are not carrying this alone.

Return to your breath. Slow inhale. Steady exhale. Let the Spirit meet you in the weight, guiding, sustaining, and holding your heart. The Spirit is present as companion and advocate, attending to your pain without judgment and inviting healing in God's timing.

### Reflection

- What sensation shifts, even slightly, as you picture releasing this burden?
- What sorrow still asks for attention rather than quick resolution?
- What image of God forms as you remain here?
- What strength, courage, or clarity begins to rise as you remember you do not carry this alone?

Stay as long as you need. You may leave the burden here, or revisit it later. The Spirit remains attentive, meeting you exactly where you are.

## More About Forgiveness

**Forgiveness** is often misunderstood. It is not about pretending harm never happened, minimizing what was done, or rushing toward reconciliation. It is not a sign of weakness, and it does not depend on an apology or change from the other person. It is not the same as immediate trust, and it does not require forgetting.

**Forgiveness** is a deliberate movement of the heart and will. It may feel difficult, and it often unfolds over time. It includes:

- Releasing the desire for revenge, knowing that pursuing it only prolongs harm.
- Letting go of the need for the other person to seek forgiveness.

- Freeing yourself from the control or hold the offense has over your life.
- Engaging in a process that may require support beyond your own strength.
- Receiving and participating in God's gift of mercy and grace.
- Moving gradually, one small step at a time.
- Opening space within yourself for freedom from resentment or bitterness.
- Allowing God's forgiveness to shape how you see yourself and your story.
- Transforming the experience of being wounded into a pathway toward strength, awareness, and renewed agency.

Forgiveness is not a single act or moment. It is a journey that honors truth, acknowledges pain, and invites God's presence into what feels too heavy to bear alone.

## A Final Word of Blessing

There is no formula. Each invitation to seek forgiveness is unique. Move slowly, prayerfully, and in tune with the Spirit. Not every door needs to open today, but when one does, God will walk with you.

Go in the strength of the One  
who formed you and knows your name.

May the Spirit strengthen you where courage is required and comfort you where sorrow lingers.  
May truth and mercy meet within you, not as rivals but as companions.  
May forgiveness become not a demand placed upon you, but a freedom growing within you.

You are not behind. You are not disqualified.  
The work unfolding in you belongs to God, who completes what love begins.

Let this retreat be a doorway, never a demand. Receive it as invitation, not expectation. Trust the Spirit to carry the work forward, freeing your soul into greater wholeness, even beyond these words.

**Scriptural Anchors:** Eph 4:32 | Ps 37:5–6 | Rom 12:18 | Jas 5:16a | Ps 51:17 | 1 Pet 5:7 | Matt 11:28 | Is 53:4–5 | 1 Pet 2:24 | Ps 55:22