OBLATE ACADEMY

HELPING CHILDREN KEEP GOD IN THEIR LIVES

MISSIONARY OBLATES
OF MARY IMMACULATE
MISSIONARY ASSOCIATION OF MARY IMMACULATE USA

PUTTING FORGIVENESS IN WRITING

Writing a letter can be a helpful step in forgiveness. Even if we never send our letter, it can help us understand our feelings — especially when we're feeling bruised or wronged.

On this sheet, write a letter of forgiveness. You may want to forgive someone else or yourself. Or maybe you want to ask for forgiveness from someone else — or from God. Think about what you'd like to say to that person, and express it in your letter using the space below.