Forgive, Reconcile... and Know How to Keep Yourself Safe

Forgiveness is not always easy, but it is a path to peace.

With God, I can forgive, I can protect myself, and I can help build peace!

1 What does it mean to forgive?

Forgiving means choosing not to feed revenge or hatred in our hearts and entrusting our pain to God.

Forgiving does not mean saying that what happened was okay.

We may need time before we are ready to forgive.

2 Can we always make peace again?

Reconciliation can happen when each person:

- admits what happened;
- says sorry;
- really changes their behaviour;
- tries to rebuild trust.

But some situations mean we need to keep a safe distance.

3 Picotin's bramble fence

The brambles are not there to hurt anyone. They protect the home and help the hedgehogs live in peace.

Setting a boundary can be a good thing.

A boundary says:
"I do not want to be hurt."

4 Is this a good boundary?

Circle what helps keep you safe and helps you grow.



I say no when a friend wants to hurt me.



I ask a trusted adult for help.



I ignore someone who scares me.



I can forgive without going back to a situation where I am being hurt.



I let someone manipulate me so they will like me.



I move away from a harmful relationship, even when it is difficult.

5 The four words game: what is this about?

Read each situation and tick the best answer.

1. I admit that I did something wrong and I am truly sorry.
   - ☐ Forgiveness
   - ☐ Reconciliation
   - ☐ Repentance
   - ☐ Protection

2. I no longer want to keep anger in my heart.
   - ☐ Forgiveness
   - ☐ Reconciliation
   - ☐ Repentance
   - ☐ Protection

3. This person keeps hurting me, so I move away and ask for help.
   - ☐ Forgiveness
   - ☐ Reconciliation
   - ☐ Repentance
   - ☐ Protection

6 Spot the differences: find all the differences





7 The path to reconciliation — Number the steps.



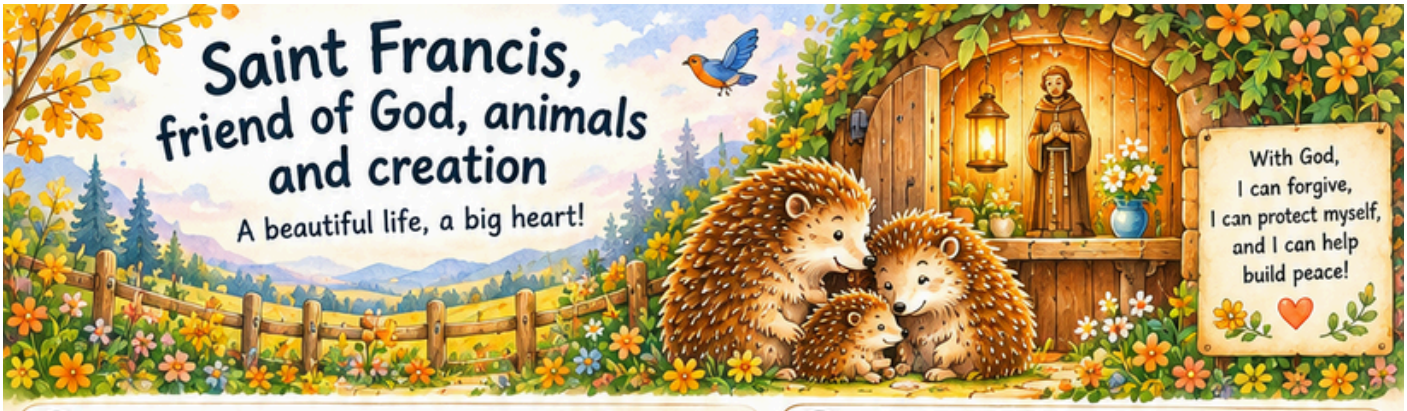
- ◯ Admit what happened
- ◯ Tell the truth
- ◯ Make things right if possible
- ◯ Allow time to rebuild trust

With Saint Francis, every little act helps make the world kinder!

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Saint Francis, friend of God, animals and creation

A beautiful life, a big heart!



1 The life of Saint Francis of Assisi

Francis was born in Assisi in the 12th century.
He had a simple life, loved nature and joy,
and he chose to follow God.

He loved all creatures.
Saint Francis teaches us to respect
animals, to live in peace and to trust
in God with all our hearts.



2 Animals and creation

Francis loved animals and plants.
He saw in them the beauty of God's creation
and a place to live in harmony.



The prayer of Saint Francis

This prayer is traditionally attributed to Saint Francis.

"Lord, make me an instrument of your peace.
Where there is hatred, let me bring love.
Where there is injury, pardon.
Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, light.
Where there is sadness, joy.

O Divine Master, grant that I may not seek
so much to be consoled as to console,
to be understood as to understand,
to be loved as to love.

For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying to ourselves
that we are born to eternal life."

Amen

3 Look and find...

How many animals can you find?



4 Quiz: What did you learn from the story?

1. Why did Papa and Maman Hedgehog worry about their little ones?
   - ☐ Because of the bad weather
   - ☐ Because of the wolf
   - ☐ Because they were afraid of losing them
2. What did Papa and Maman Hedgehog do when they were afraid?
   - ☐ They ran away
   - ☐ They hid and waited
   - ☐ They asked the owl for help
3. Who is the one who is scared?
   - ☐ The owl
   - ☐ The little hedgehog (Picotin)
   - ☐ The parents
4. What did we learn from this story?
   - ☐ That we should always be together
   - ☐ That we can forgive and still set boundaries
   - ☐ That we can never trust anyone

5 Spot the difference: find all the differences

Look carefully at these two pictures. Can you find all the differences?



6 The path to reconciliation – Number the steps

- ◯ Admit what happened and be honest.
- ◯ Tell the truth.
- ◯ Make things right if possible.
- ◯ Allow time to rebuild trust.



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