

# THE FORGIVENESS HABIT

Do you find it naturally easy or difficult to forgive?  
Why?

Which of Jesus' examples of forgiveness is most inspiring or challenging for you - forgiving His friends or His enemies? Talk to Him about it.

How does Mary's posture of surrender and forgiveness inspire you?  
How can you emulate it?

Has a relationship or memory come up during this conversation? Bring that to the Lord and ask Him to give you the grace to forgive.