

---

# BE THE BEE

# SESSION #24

---

Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



# BE THE BEE #24

## Forgiveness First

### **Goal:**

Learn what true forgiveness means.

### **Objective:**

Identify one way you can forgive in your daily life.

### **Estimated Duration:**

60 minutes

# LEARNING SESSION

## **Be the Bee #24** **Forgiveness First**

### OPENING PRAYER

*In the name of the Father, the Son, and the Holy Spirit. Lord, help us to “be the bee” and “have a positive way of thinking, seeing only the good side of things.” Show us “where to find flowers, sweets, honey and sugar, and to only know the good things in life and become ignorant to all evil.” Grant us faith, courage and love, through the prayers of Saint Paisios and of all the Saints. Amen.*

## ICEBREAKER

*6 minutes*

If you could go back in time where would you go?  
What would you change?

## VIDEO

*5 minutes*

Be the Bee #24 | Forgiveness First

<https://youtu.be/FDWZzCADQfs>

## DEBRIEF

*10 minutes*

Ask students the following questions and help facilitate a discussion:

- ❖ What did you see and hear in the video?
- ❖ What is one lesson you can take away from the video?

## TEACHING

*7 minutes*

Ask students the following questions and help facilitate a discussion:

- ❖ How are we called to take on the sins of others?
- ❖ What distracts us from forgiving others?
  - ❖ Pain and anger
- ❖ What does forgiveness do for you?
  - ❖ It allows God in to heal the hurt and pain stored up inside of you.

## REFLECTION

*10 minutes*

Ask students the following question and help facilitate a discussion:

- ❖ “Forgiveness is the fragrance the violet sheds on the heel that has crushed it.” What does this Mark Twain quote mean to you?

## READING AND APPLICATION

*7 minutes*

Read the following story to students:

*St. Dionysios of Zakynthos*

<http://www.johnsanidopoulos.com/2009/12/saint-dionysios-of-zakynthos-1.html>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you?
- ❖ How was a man able to forgive a killer?
- ❖ Would you be able to do this?
- ❖ Are we supposed to do this?

# SCRIPTURE READING AND APPLICATION

10 minutes

Read the following verses to students:

*"He does not deal with us according to our sins, nor repay us according to our iniquities. For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him; as far as the east is from the west, so far does he remove our transgressions from us. As a father shows compassion to his children, so the Lord shows compassion to those who fear him. For he knows our frame; he remembers that we are dust." - Psalm 103: 10-14*

*"Then Peter came up and said to him, "Lord, how often will my brother sin against me, and I forgive him? As many as seven times?" Jesus said to him, "I do not say to you seven times, but seventy times seven." - Matthew 18:21-22*

Ask students the following questions and help facilitate a discussion:

- ❖ What type of forgiveness does God show to us?
- ❖ What type of forgiveness does God expect us to have with others? What makes that hard?

**Teaching: (reflect on this rather than read it directly to participants)**

*Forgiveness heals. Forgiveness can transform or change a bad situation into something good and life changing. Forgiveness can bring people together. Forgiveness is a difficult thing to ask for because we must put our ego aside. This requires that we also put aside fear, pain, and anger. We must be willing to empty ourselves fully, go to the other, and with humility ask them to acknowledge that we have done something hurtful, and ask them to overlook that and move forward with us. Sometimes people are not willing to forgive us, and we must be willing to accept that as well. We should ask forgiveness from all because we may have done something to someone that we are unaware of. God shows us forgiveness whenever we ask, and that should be our model. We also must be willing to ask for forgiveness when we do wrong, and forgive others when they wrong us. How do we accept someone else's forgiveness when they have wronged us? We too must be willing, to accept that the person in front of us is human, and will make mistakes, as do we. We, again, must put our ego aside and listen, see where the other is coming from, and allow God to fill both of our hearts with His mercy. We know that where two or three are gathered, God is also present. We must lean on God, and allow Him to heal and support us.*



## CONCLUSION

*5 minutes*

Go around the room and ask each student to answer the following question:

- ❖ What is one way to forgive in your daily life through what you learned in the session?

## CLOSING PRAYER

*In the name of the Father, the Son, and the Holy Spirit.  
Lord, help us to be better forgivers. As much as you forgive us, allow us to ask for forgiveness, and to forgive others when they come to us seeking the same.  
Amen.*