"Forgive us for Doing Wrong as We Forgive Others" (Matthew 6:12). Do you think it is harder to forgive or to ask for forgiveness? In your journal, list the kinds of things that require forgiveness. Is there something on that list that you have done to someone else? Cut out a paper heart. On it, open your heart to God as you write a prayer asking for forgiveness. Tape or glue your heart prayer onto your journal page.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Are you ready to ask forgiveness from the person you hurt?
If yes, practice what you want to say by writing it in your journal.

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