Forgiveness Stones

Sometimes we are hurt by people, they may call us names or say or do things that are unkind.

When this happens we have a choice to either forgive that person and let go of the hurts or to hold onto the anger and bitterness we may feel.

Christians believe that because God forgives them, it helps them to forgive other people, allowing them to let go of the heavy feelings and feel lighter inside.

If you would like to, put on the headphones and turn on the MP3 player. Listen to the track and respond in a way that you are comfortable with, you could reflect or pray about it.