

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY: THE MEANING OF FORGIVENESS - A PHOTO SCAVENGER HUNT



Have you considered how forgiveness might benefit your life? Discover what forgiveness means to you through exploring your community with this activity.

Maya Angelou said, "You can't forgive without loving. And I don't mean sentimentality. I don't mean mush. I mean having enough courage to stand up and say, 'I forgive. I'm finished with it.'" Here, Maya Angelou is saying there is meaning to forgiveness. It is much deeper than one simple word. The love that can come from it is powerful.

During an intense social time, you may have come into disagreements with your loved ones or have felt hurt by someone else's words. Forgiving does not mean you have to forget the situation, but that you are accepting that it occurred. Forgiveness helps you let go of negative emotions. Everyone has their own definition of what forgiveness looks like and what it means to them. There are so many aspects of forgiveness such as the impact it has on the person doing the forgiving and the person receiving this apology. This photo scavenger hunt can help you more deeply explore what that person's definition is, and apply it when you find yourself in situations needing forgiveness.

Practice Forgiveness Today:



1. GRAB A CAMERA OR YOUR PHONE.
2. THINK ABOUT WHAT THE WORD FORGIVENESS MEANS TO YOU.
3. FOR EVERY WORD OR PHRASE YOU CAN COME UP WITH FOR EXAMPLE, PEACE, IMPROVED RELATIONSHIPS, RELIEF, ETC., TAKE A PICTURE THAT EMBODIES THAT.
4. GET YOUR PICTURES PRINTED OR SELECT YOUR FAVORITE PHOTO COLLAGE APP ON YOUR PHONE AND CREATE A COLLAGE.
5. WHENEVER YOU ARE IN A SITUATION THAT REQUIRES FORGIVENESS, REACH FOR YOUR COLLAGE SO YOU CAN BE REMINDED OF JUST HOW IMPORTANT IT IS.



Parent Practice Tip:

Have your child(ren) do this activity with you. When done, have them compare and contrast your pictures and theirs and talk about those differences.

To Learn More:

[What is Forgiveness?](#)

[More on Forgiveness](#)

[Forgiveness for Kids](#)

www.ChooseLoveToThrive.org