

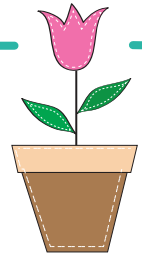
Name \_\_\_\_\_

Date \_\_\_\_\_

# Letter of Forgiveness

**Directions:** Write a letter to someone who may have made you angry, forgiving them for what they have done. Tell them how you felt when they hurt you and that you forgive them. Remember, when you forgive others, you are also bringing healing to yourself.

When you are done, you may choose to give this letter to the person or keep it for yourself, remembering in your heart that you have forgiven this person.



Dear \_\_\_\_\_,

It hurt my feelings when you

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I forgive you because

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Your friend,

\_\_\_\_\_