

Session 5

Practising Forgiveness



Key learning

Pupils understand that forgiveness is a courageous and powerful act that can repair relationships and personal hurts, allowing brokenness to be transformed into something even more beautiful, reflecting God's grace and forgiveness (Matthew 6:14).

Before the session

You will need:

- Slides for this session, with sound
- Paper, card, fabric scraps, gold or metallic tape/pens/paint
- Reflection and journaling prompts
- Quiet space for prayer and reflection

Notes

Story

Be Curious (Community)



Activity

Creating a safe and brave space

Start by reminding pupils that this is a space where they are important, valued, and accepted. As we explore forgiveness, we also sometimes need courage – open to thinking deeply, sharing honestly, and showing empathy.

Suggested questions for discussion:

- Have you ever forgiven someone?
- Is it easier to forgive or to ask for forgiveness?
- What happens when we hurt others unintentionally?
How can we ask for forgiveness?
- How can we start to rebuild after something has been broken?



Film

**Play the videos about Kintsugi
– the Japanese art of fixing
broken pottery.**

Through the videos, introduce the concept of Kintsugi – a form of art where you repair broken objects, typically using gold lacquer, creating a more beautiful object through the acts of breaking and repair.

Notes

Suggested questions for discussion:

- How might Kintsugi relate to our relationships?
- Can we show kindness to ourselves and others, even when we've been hurt or made mistakes?
- How can we celebrate who we are, even with our flaws?

Notes

Space

Be Present (Embrace)



Activity

Kintsugi-inspired artwork

This creative activity is based on the Japanese art of *Kintsugi*. It symbolises the beauty of restoration and the strength found in healing. In this session, pupils are invited to create their own kintsugi-inspired artwork to explore ideas of forgiveness, acceptance, and restored relationships.

Provide pupils with paper, fabric, or card and ask them to tear or cut it into pieces. Then, using tape, gold-coloured pens, or other materials, invite them to reassemble the pieces into a new design. As they create, encourage them to think about how the process of repairing can reflect personal growth, mended friendships, or accepting parts of themselves that once felt broken.

You could link this to the *Difference* habit of being present by helping pupils reflect on what it means to truly show up for themselves and others; especially in moments of hurt, challenge, or change. Being present is not about pretending everything is perfect but embracing the reality of our experiences, even the difficult ones.

Suggested questions for reflection and discussion:

- How might our past experiences shape our ability to forgive or reconnect with others?
- How can art help us express feelings or experiences that are hard to put into words?
- Why is it important to show care and attention to things or people that have been hurt?
- What could be the “gold” in a relationship – the things that help rebuild trust or connection?
- What does your artwork say about a part of yourself or a relationship that matters to you?
- There may be times when the relationship is not restored or forgiven. Are there still ways to find release from the hurt?

Notes

Sanctuary

Reimagine (Power)



Bible passage

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

Ephesians 4:32 (NIV)

If we've been hurt deeply, it can be harder to trust again. Forgiveness does not mean that the wrongdoing doesn't matter. The process of forgiveness recognises the wrong and hurt of what has happened, and forgiveness can take time – and that's okay. Sometimes, our own healing can begin when we choose kindness and compassion for ourselves and others.

Suggestions questions for reflection:

- What might this passage teach us about forgiveness?
- How can we use art to repair and re-establish relationships?
- What could we use to bring a relationship back together?

Remind your pupils about how Kintsugi illustrates how adversity or challenges can be transformed into something beautiful and long-lasting. It demonstrates that over time, we can mend our wounds, accept our flaws, and emerge stronger. Kintsugi serves as a powerful reminder that regardless of our challenges, we have the capacity to reshape our experiences.



Film

Play the short reflection from Makoto Fujimura.

Ask your pupils to reflect on the theme of forgiveness – as a group, in twos and threes, or by making some space for them to write in their peace diaries.

Suggestions questions for reflection:

- Have you ever found it hard to forgive because of something from the past?
- What helps someone begin to forgive?
- How does it feel to be forgiven?
- What might your "gold" be in a repaired relationship?



Reflection

You may want to read this reflection aloud to your pupils.

Forgiveness is not always easy. It can be complicated, especially when we've been hurt or when trust has been broken. Forgiveness is also powerful – it allows healing to begin, for others and for ourselves.

Like a piece of pottery that has been broken and then carefully repaired with gold in the Japanese art of Kintsugi. Our relationships can become even more meaningful after repair, if we are willing to work through the hurt. Kintsugi doesn't try to hide the cracks. Instead, it highlights them, showing that what was once broken can become even more beautiful because of its history.

When we forgive, we aren't saying that what happened was okay – but we are choosing not to carry the weight of anger or bitterness anymore. We are choosing to make space to reimagine peace, growth, and hope.

Forgiveness also means accepting that none of us are perfect. We all make mistakes. And just as we want others to forgive us when we fall short, we are called to offer that same grace to others.



Prayer

Notes

Dear God,

Thank you for the gift of forgiveness – for second chances, and for the healing that follows.

Help us to let go of anger and hurt, and to be brave enough to forgive, even when it's hard.

Teach us to see the beauty in broken things – just like the art of Kintsugi, where cracks are not hidden, but made golden.

Help us to mend what's been hurt, to restore what's been lost, and to grow stronger through the process.

May we forgive others as you forgive us, and may we become people who bring peace in our words, our actions, and our hearts.

Amen.



End of session 5

difference.