

The Bridge to Forgiveness

Discussion Questions

- * Kedar speaks the need for a paradigm shift while thinking of forgiveness. She writes:

Forgiveness is a spiritual state, a way of being in the world which is sustainable with work and practice. Forgiveness can be about the other, but not necessarily. It can be about reconciling with whoever has offended you. But not necessarily. It is always about finding what you have lost, restoring a sense of wholeness, redeeming your inner light. It is always about an internal process of loss and acceptance, pain and understanding, anger and blessings, love and faith regained.

How does Kedar redefine the process of forgiveness?

- * Explain why it is important to understand what has been lost while on the road toward discovering forgiveness. What does seeing this loss lend to the forgiveness journey?

- * Can you think of examples of constructive and destructive anger?

- * In the chapter called “The Stepping-Stones” Kedar writes:

We do not forget. Rather, we take what we have experienced and learn to live a different way. We do not turn the other cheek; we take the pain of an assault and understand that to live a loving life we must release the anger. We do not condone; we accept our lives and search for ways to restore the light within us that has been diminished.

If forgiveness is not about condoning bad behavior, explore what Kedar means by acceptance. How do you interpret this and in what ways can you apply the concept of acceptance to your own life?

- * Kedar does not equate forgiving with forgetting. How does retelling the stories of your life in terms of blessing, rather than curse, help with the path of forgiveness?

- * This book is very personal; discuss which passages most resonate with you and why.