

What is Forgiveness?

Forgiveness (noun) is the action of forgiving or being forgiven. To forgive (verb) is to stop feeling angry or resentful towards someone for an offence, flaw or mistake. Forgiving means to change the way you feel about something that has happened or been done to you.

Key Vocabulary

sin	A bad action. To go against rules given by God.
confess	To admit you have done something wrong.
repent	To feel sorry (and express how sorry you are) for something you have done wrong.
Ten Commandments	The ten most important laws, revealed by God, teaching people how to live their lives.
covenant	An agreement (a promise) between two parties/people.
atonement	The act of putting things right when someone has done something wrong.
The Prophet Muhammed (PBUH)	The founder of Islam. He received Allah's teachings through the Qur'an and passed it onto all Muslims. He is Allah's messenger.
Archbishop Desmon Tutu	Archbishop Desmond Tutu taught about the important of forgiveness for a peaceful world. He taught that forgiveness is not forgetting but remembering. Remembering means you can learn from your mistake.

The Ten Commandments



Jews and Christians believe that the Ten Commandments were rules given by God and that to break these rules is a sin.

Jewish people believe that they have a covenant with God, which means as long as they follow the Ten Commandments, God will look after them.

Yom Kippur (The Day of Atonement)

Yom Kippur is the holiest day of the year for Jews. For ten days after the Jewish New Year (Rosh Hashanah), they pray, reflect and repent for their sins from the past year. The tenth day is Yom Kippur, a day of atonement, where Jews ask for forgiveness from God.



Key Questions

- What does it mean to forgive somebody?
- What do different religions and non-religious worldviews say about forgiveness?
- Should we always forgive?

