

## Journaling Exercise on Healing and Forgiveness

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*"I have found that breaches and breaks in relationships are the hardest wounds to heal. They go so deep and seem to take much longer than physical deaths of loved ones, serious illnesses, job losses, or many other negatives in life. When there are betrayals, rejections, false judgments, angry accusations, deadly jealousies, or power struggles, the pain wedges itself in the human heart like an ax ripping through green wood. It may take years before that giant gouge in the heart is mended."*

—Joyce Rupp, OSM, *A Star in My Heart*

Set aside some quiet time to reflect in writing on these questions. Focus on whichever questions most draw your attention, have more energy for you, or feel most important or relevant for you right now.

1. What have you learned about inner wounds and the healing process?
2. How do you approach these hurts?
3. How do you give yourself to the healing process?
4. What do you do—or not do—with your negative feelings?
5. Make a list of your inner wounds, heartaches, or hurts which have occurred in your mission journey.
6. Look over the list and check the ones that have not yet been healed. Underline those most needing your attention. As you consider one or two of these, where does forgiveness fit?
7. Do you need to forgive yourself or others?
8. Do you need to ask forgiveness of anyone?

From **From Mission to Mission** Re-entry Workshop Notebook

### NOTES:

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