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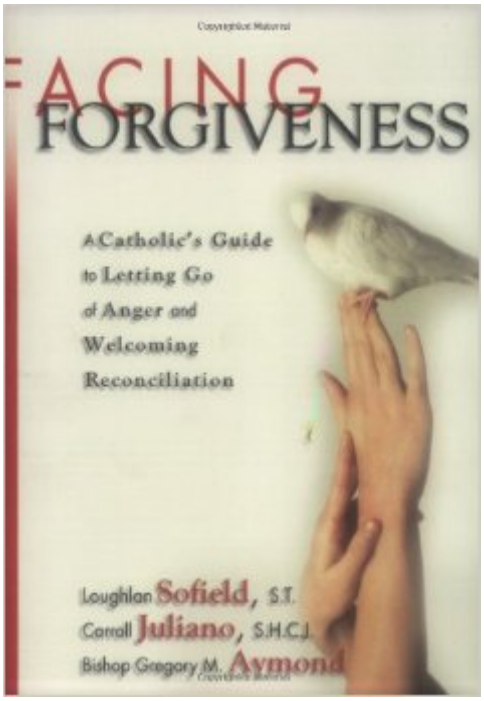
Facing Forgiveness: A Catholic's Guide To Letting Go Of Anger And Welcoming Reconciliation



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Synopsis

Out of the wealth of their shared experience, authors Sofield, Juliano, and Aymond have fashioned an inviting exploration of the process of forgiveness that blends compelling personal narrative, wise spiritual guidance, and sound practical suggestions. Written with Catholics in mind, this simple primer is designed to encourage the first steps in the process of forgiving with over twenty-five stories of real people who found their way to forgiveness or sometimes who choose not to forgive. As readers look into the faces of the wounded people profiled in this book they recognize forgiveness is indeed possible.

Book Information

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Customer Reviews

This work is the fruit of a collaboration between Bishop Aymond, a renowned theologian and educator, and Sofield and Juliano, established authors and workshop presenters on the topics of psychology and spirituality. The 25 stories at the heart of the book are based largely on experiences of those attending workshops on anger and forgiveness. The causes of their hurt are diverse, and their responses vary, but the authors have found a common theme: Those who achieve forgiveness "have experienced, almost to a person, a rebirth, an overpowering sense of new life," while non-forgivers often suffer from grief, physical pain, and clinical depression.The book is divided into three parts, (1) an introduction examining personal beliefs on forgiveness, (2) the stories, each beginning with a relevant passage from scripture and ending with reflection questions, and (3) material on the sacrament of reconciliation. A bibliography and guide for faith-sharing groups are

also included. Though brief, Facing Forgiveness, abounds with valuable insights such as forgiveness need not be communicated to the other; anger is an emotion, wrath a behavior; and forgiveness differs from reconciliation and justice.

It is so easy to slip into thinking that forgiveness is condoning what the person did to you as okay. That thought keeps people from making the decision to forgive. Sometimes you may have to make that decision every day. In my case it may take a lifetime, but it is my goal because it will bring peace into my soul whether it affects the other person or not. I would recommend this book to anyone!

There are numerous books on the topic of forgiveness, but being a recent convert to Catholicism I was looking for something that would be in keeping with Sacred Scripture and the Church's teachings. I had struggled with anger, resentment, and feelings of unforgiveness for years, but I was now on a quest for healing. This book, 'Facing Forgiveness: A Catholic's Guide to Letting Go of Anger and Welcoming Reconciliation' is the best! I would recommend it for anyone who has experienced a great hurt caused by someone else.Understanding that forgiveness is a process, that 'letting go' has to occur over and over, that giving forgiveness is something I do for me and my healing, that forgiveness doesn't require forgetting, are just some of the many concepts covered so well. The personal stories, shared by the authors from their combined experiences counseling and providing workshops, adds a depth to the book that could not be achieved by discussion alone. Finally in Part III, there is an excellent and thorough discussion of the Sacrament of Penance and Reconciliation including what to expect, "how to" instructions, and an Examination of Conscience on Forgiveness to guide us on this O so important journey to forgiveness. I'm so glad I found this book!

Wonderful practical book. Good advice, examples and questions to get you to think about where you need to forgive.

So applicable in today's world.

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