

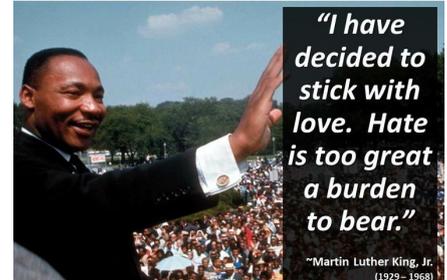
Welcome! The Pope invites people of good will to come together and pray:

That the language of love and dialogue may always prevail over the language of conflict.



Getting started:

Find a quiet place and adopt a comfortable position. Look at the picture and reflect on the words of Martin Luther King. Ask the Lord to help you choose love and dialogue over revenge or conflict.



Short story:

It was the 9th February, 2007 when Chris Williams was driving back home after an enjoyable evening with his family. In the car were his three children and his wife who was pregnant with their fourth child. Suddenly a car came hurtling towards them at a high speed leaving Chris with no chance to steer away from it. The impact was horrendous. Moments later when Chris regained consciousness he looked beside him only to discover that his wife was dead. Even the children in the back seat lay motionless. Only Chris and the driver of the other car survived the fatal accident. Chris never felt so vulnerable in his life. He was so devastated spiritually, emotionally and physically. Later Chris was told that the car that caused the accident was driven by a drunk teenager named Cameron. In the months that followed Chris felt anguished, angry and very lonely.



Cameron and Chris

During these moments of desperation he turned to the Lord and made the courageous decision not to nurture feelings of revenge towards the person that took away his family. Chris realized that only with the Lord's help would he be able to heal and let go of his anger. Months later Chris and Cameron met. Chris encouraged Cameron to move on with his life, to let go. Cameron felt an overwhelming feeling of thankfulness at the fact that he had been forgiven. His family also felt liberated by the fact that their son had been forgiven.



Time to reflect:

What would you have done if you were in Chris' place? Is there anyone for whom you feel a grudge against? Do you wish to forgive this person? Have you ever felt really and truly forgiven by someone? How did it feel?



Let us pray:

Dear Lord, Just as your son Jesus forgave those who crucified him, help us make an effort to forgive those people who harmed us in any way. Help those people who are filled with hatred to realise that only in forgiveness can they find peace.



Inspiration:

Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.

Martin Luther King, Jr.



Hands on:

I try to make an effort to be kind to those persons who were unkind to me in any way. I ask the Lord to help me forgive them and their actions.