

# Edmund Rice Reflection

June 2017

A reflection on healing and forgiveness

Have you ever been in the situation where you struggled or were not able to forgive someone for what they said or did to you? We have been taught that Forgiveness and healing are the keys to restoring any relationship – although the process can be very difficult, the result is often worth the effort. We've all experienced times when we've had to accept someone else's forgiveness or we've had to show forgiveness, in order to heal or move on

**Question 1: Think about a time in your life when you've had to show forgiveness or accept someone else's forgiveness. How did you feel during this forgiveness process? And how did you feel after a form of healing had been achieved? What did the whole experience teach you?**

**Question 2: What is one insight that struck you about yourself, people or life?**

*Presence*

*Compassion*

*Liberation*

Please finish by saying the Edmund Rice Prayer

### Edmund Rice Prayer

O God  
We thank you for the life of Edmund Rice  
He opened his heart to Christ present in those oppressed by poverty and injustice  
May we follow his example of faith and generosity  
Grant us the courage and compassion of Edmund as we seek to live lives of  
love and service  
We ask this through Christ our Lord  
Amen.  
Live Jesus in our hearts. Forever.

