

## **Course Content**

### **Forgiveness Benefits the Forgiver**

In each of the five-week sessions, concepts about forgiveness will be presented and class participants will be encouraged to discuss their thoughts and experiences. The book, Forgive for Good, will be introduced during the first class and students will be asked to read the book for the upcoming classes. Short videos and an article will also be included to illustrate course content. Students will learn about forgiveness practices and how to develop a forgiveness lifestyle. Breakout rooms will be used for discussion.

#### Week 1

Introduction, ground rules and overview of concepts and questions for discussion

#### Week 2

Discussion of 1<sup>st</sup> part of Luskin book with overview of content and questions for discussion

#### Week 3

Discussion of 2<sup>nd</sup> part of Luskin book with overview of content and questions for discussion

#### Week 4

Final part of Luskin book with overview of content and questions for discussion

#### Week 5

Discussion of article written by instructor and probing concepts about forgiveness lifestyle. There will be questions for discussion.