Please read chapters 15 and 16.

CHAPTER 15: 'SAVING' TIME

Rob reminds us that we all have the same amount of time each day – "one thousand four hundred and forty minutes ..." He also reminds us on page 113 that, "You can't save time – you can only *spend* it."

For many of us, our personal time is the only time we have under our control. It's where we can choose what we spend our time doing.

✎ Write a list of what you do in your personal time and how much time you give to each item. Put a tick next to the things you enjoy most. Is there anything on your list that you would like to give less time to? If you found you had extra personal time, what would you like to *spend* it doing?

On page 111 Rob suggests that as we get older, we will judge our success "in the area of relationships."

✎ Which relationships would you like to spend your time improving? How would you like to do that?

CHAPTER 16: FORGIVENESS

In this chapter Rob looks at what true forgiveness is, what it is not, and what effect forgiveness can have on a person's life.

✎ Page 117 recounts Gordon Wilson's reaction to his daughter's death as the result of a terrorist bomb. How do you think you would react if you were in the same situation? Is it always right to forgive? Is forgiveness a reaction or a choice?

Rob explores whether "forgiving is better for *us*", and whether we might "*do better*" when we forgive and move on with our lives.

✎ How do you think forgiving others could help you?

Need help?

If you are struggling with hurts and forgiveness and you would like to talk it through with someone, please contact the Chaplain.

Something to think about ...

✎ What wisdom are you going to take away from these two chapters and how will you use it in your own life?

Next time ...

The next session will be based on chapters 17 and 18, where we look at how lies begin, and we explore what positive attitude looks like.

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