



A Z-Groups class for those wanting to move beyond past wounds and hurts with a focus on God's forgiveness plan.

Class leader: Dr. Joy Smith. Licensed Professional Counselor

Class emphasis: To offer support and direction for those wanting to move beyond the pain of wounds and hurts from the past with a focus on God's plan for forgiveness

Dates and Time: 8 week series beginning Sunday January 8th at 4:30-5:45 pm

Place: Mt. Zion Baptist Church Childcare is available from 4:30 to 5:45 pm.

Cost: \$5 per participant to cover materials

For more information: Contact Dr. Smith at pathlightcenter@gmail.com

Topics Include

- Forgiveness fallacies and myths
- Understanding the forgiveness process and God's plan
 - How do I know if I've been forgiven?
 - How do I know if I've forgiven others?
 - How do I forgive myself?
 - Does forgiveness require reconciliation?
- Knowing how and who to forgive
- Forgiving the unforgiveable
- Bible stories of forgiveness
- Accepting the freedom of forgiveness
- Making an effective forgiveness plan