

# Forgiveness



During the Covid-19 outbreak we all focussed on washing our hands or using hand sanitizer to remove and kill the virus to keep clean and safe.

Take a squidge of hand sanitizer gel and, as you massage that into your hands, think about the things in your life you wish you could wash away, sanitize and be rid of, have a second chance at and start again. Things you would like to remove from your memory.

They may be things that you have had done to you, or things that you have done.

Bring them to God.

He can help you to wash clean and start again, helping you forgive those who have done wrong to you and forgiving you for the wrong you have done.

Read the story in Mark's Gospel of how Jesus made someone clean.

To find out more about how God forgives ask someone at this prayer space or read a copy of the life of Jesus written by a man called Mark.

