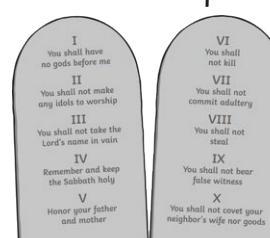
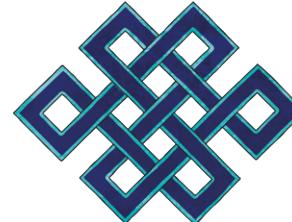


Key Vocabulary	
<b>sin</b>	A bad action. To go against rules given by God.
<b>confess</b>	To admit you have done something wrong.
<b>repent</b>	To feel sorry (and express how sorry you are) for something you have done wrong.
<b>Ten Commandments</b>	The ten most important laws, revealed by God, teaching people how to live their lives.
<b>covenant</b>	An agreement.
<b>atonement</b>	The act of putting things right when someone has done something wrong.

What Is Forgiveness?		
<p>Forgiveness (noun) is the action of forgiving or being forgiven. To forgive (verb) is to stop feeling angry or resentful towards someone for an offence, flaw or mistake. Forgiving means to change the way you feel about something that has happened or been done to you.</p>		
<b>Jews</b> <b>Teshuvah</b> <b>Yom Kippur</b>		
<p>Jewish people believe that they have a <b>covenant</b> with God. This <b>covenant</b> means that so long as they follow the <b>Ten Commandments</b>, God will look after them. Jews believe that God will forgive those who <b>repent</b>.</p>	<p>Teshuvah is often used to talk about <b>repentance</b> in Judaism. Teshuvah means 'return.' Once you <b>confess</b> your <b>sins</b> and ask for forgiveness, you can return to God's path.</p>	<p>Yom Kippur is the holiest day of the year for Jews. For ten days after the Jewish New Year (Rosh Hashanah), they pray, reflect and <b>repent</b> for their <b>sins</b> from the past year. The tenth day is Yom Kippur, a day of <b>atonement</b>, where Jews ask for forgiveness from God.</p>
		

Key Vocabulary	
<b>Dhammapada</b>	One of the Buddhist holy texts.
<b>Eightfold Path</b>	A set of eight instructions set out by Buddha to encourage people to follow the right path.
<b>meditation</b>	Taking the time to focus the mind on a thought or an object.
<b>The Prophet Muhammad (PBUH)</b>	The founder of Islam.
<b>Archbishop Desmond Tutu</b>	He was a Nobel Peace Prize winner and an important figure in the Anglican Church of South Africa.

Buddhists
Buddhists read the <b>Dhammapada</b> , which contains the teachings of Buddha. It teaches them that forgiveness and love can overcome hate. Buddhists do not pray to Buddha or ask his forgiveness; instead they try to forgive themselves and others by following the <b>Eightfold Path</b> .

Buddhists use <b>meditation</b> to help them focus and forgive. <b>Meditation</b> can be done alone or in a group.


<b>World Views</b>	Religious, spiritual and world leaders teach about the importance of forgiveness. "You do not do evil to those who do evil to you, but you deal with them with forgiveness and kindness". <b>Prophet Muhammad (PBUH)</b>
	<p><b>Archbishop Desmond Tutu</b> taught about the importance of forgiveness for a peaceful world. He taught that forgiving is not forgetting, but remembering. Remembering means you can learn from your mistakes.</p> <p><b>Desmond Tutu</b></p>