

(81) Steps Toward Change

Points of Reflection

Video #81: [View/download the video lesson](#)

- ☐ What is bitterness?
 - How is it related to anger?

- ☐ Why is it essential to identify the number of things done wrong against another, including our attitudes, actions, thoughts, etc.?
- ☐ On what basis can we find complete forgiveness?
 - Do you have a problem finding total forgiveness? Explain.

- ☐ What are three points to keep in mind when making reconciliation with others? Why is reconciliation so important?
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☐ Why is restitution necessary?

- State three things to keep in mind when considering making restitution.
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☐ **Date Lesson #81 completed** _____