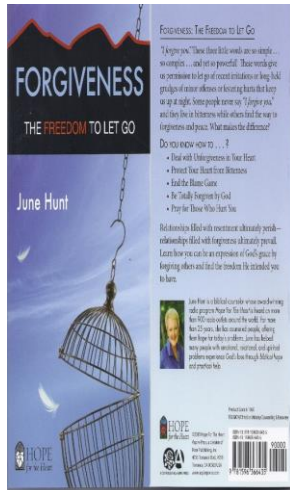


## Forgiveness Freedom Wellness Seminars - Syllabus and Assignments

*Mark 11:25 (NKJV) - [ Forgiveness and Prayer ] “And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses.*



**Where:** Panera Bread

**When:** Every Tuesday and Thursday

**Location Address:**

661 Blanding Boulevard, Orange Park, FL (Next to LA Fitness)

**Date:** August 4 to August 27, 2015

**Time:** 6:30 p.m.

**Who May Attend:** Adults ages 21 and beyond

**Cost:** Free

You may give a donation to your church or place of worship or any nonprofit of your choice.

**Limited numbers of free books are included for participants.**

The Forgiveness Freedom Wellness Seminars at Panera Bread 661 Blanding Blvd, Orange Park, FL (next to LA Fitness) begins on Tuesday, August 4 and ends on Thursday, August 27, 2015. Meeting sessions scheduled for each Tuesday and Thursday held in the month of August starting at 6:30 p.m. The Forgiveness Freedom Wellness Seminars sessions are a self-paced training course over a four-week period. Make-up date for missed session is September 01, 2015. The participants have the choice to meet with the instructor at the assigned location and scheduled time for comments, discussions, and question sessions about forgiveness concepts from the text mini-book. Participants may send to instructor questions or make comments about the seminar sessions by telephone or texting to 904.708.8419 or email at butterflyjourneymministries@gmail.com or Facebook at <https://www.facebook.com/forgivenessfreedom>

### Forgiveness Freedom Wellness Seminars: Dates and times of meeting sessions

Meeting Session	Time	Date	Day	Assignments
1	6:30 p.m.	August 4	Tuesday	“Definitions” (pp. 8-15)
2	6:30 p.m.	August 6	Thursday	“Definitions” (pp. 18-20)
3	6:30 p.m.	August 11	Tuesday	“Characteristics of Unforgiveness” (pp. 25-26)
4	6:30 p.m.	August 13	Thursday	“Characteristics of Unforgiveness” (p. 38)
5	6:30 p.m.	August 18	Tuesday	“Causes of Unforgiveness” (pp. 41-45)
6	6:30 p.m.	August 20	Thursday	“Causes of Unforgiveness” (pp. 47-56)
7	6:30 p.m.	August 25	Tuesday	“Steps to Solution” (pp. 58-76)
8	6:30 p.m.	August 27	Thursday	“Steps to Solution” (pp. 80-87)
9	6:30 p.m.	September 1	Tuesday	Make-up for missed meeting session

Contact information:

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