



## Day 30

Beloved Peacekeepers,  
After forgiveness, amends.....

### **Today's Principle, Today's Practice - AMENDS**

Make amends today. Apologize to someone you may have hurt and mean your apology sincerely.

**Ask yourself:** What does it mean to make amends? Is it enough to say that you are sorry? In what ways might making amends affect you (the person who is making amends)? What are some of the things people commonly do to hurt each other? What kinds of things can you do to make amends? When was the last time you were called on to make amends and what did you do?

**Activity** - Write a letter (or letters) to someone who has hurt you - without blaming or applying guilt explain what you need to be able to move on in a constructive way. Use varied sentence structure, precise vocabulary, appropriate tense and punctuation to maintain clarity of communication. Read the letter aloud to yourself.

**Journal Activity:** Journal your thoughts....

### **Consider these Quotes on Amends:**

When you realize you've made a mistake, make amends immediately. It's easier to eat crow while it's still warm. ~Dan Heist

True repentance means making amends with the person when at all possible.  
Lawana Blackwell, *The Dowry of Miss Lydia Clark*, 1999

It is the highest form of self-respect to admit our errors and mistakes and make amends for them. To make a mistake is only an error in judgment, but to adhere to it when it is discovered shows infirmity of character. --Dale Turner

Amends leads to understanding, which in turn leads to PEACE - within ourselves, within our World!

Blessings,

SNVOakland  
[www.snvoakland.org](http://www.snvoakland.org)