

FORGIVENESS

Deciding that someone who has wronged you doesn't have to pay



BOTTOM LINE: Forgive others because God forgives you. Read Ephesians 4:32

DAY 1

Seventy-seven

Jesus told Peter to forgive someone not just seven times, but 77 times—which is a lot! Grab a parent and have them help you with the counting activity below to see what 77 looks like.

Look around your house for something you might have a lot of, such as; uncooked pasta or rice, buttons, or LEGO® blocks. With your parent count out your items to 77.

[Adults: Help your child count to 77 using the items you have found. Talk to your child about how God tells us to forgive others over and over because He will always forgive us over and over. (See **Matthew 18:21-22**.) Ask them of a time they had to forgive someone.]

Know that when we need to forgive others we must do it over and over.

DAY 2

Picturing Forgiveness

With the help of an adult, look up this week's verse: **Ephesians 4:32**. Read the verse together. Now, on a separate piece of paper, draw a picture of a time you had to forgive someone. Talk through your picture with someone in your house.

Thank God for teaching you the importance of forgiving others.

DAY 3

Searching for Forgiveness

Grab some sticky notes, something to write with, and a partner. Write the word "forgiveness" on seven sticky notes to symbolize how many times Peter thought he should forgive. After you've written out your sticky notes, take the sticky notes apart and have your partner hide them around your house. You can ask them to make it easy or tricky depending on how you feel. Once they are done hiding, go on a search for forgiveness. Once you are finished searching, you hide and let your partner search!

Look for times that you need to forgive others today and every day.

DAY 4

Forgiven

We need to forgive others because God always forgives us when we do something wrong. Sometimes it's super hard though. Pray the prayer below and ask God to help you forgive whenever it's needed.

"Dear God, Forgiveness isn't always easy; especially when I just want to be mad. Please help me be able to forgive others quickly when I need to. Thank you for forgiving me when I need it. I love you, God, amen."

Ask God to help you forgive others even when it's hard.

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BOTTOM LINE: When you forgive others, it can change them. Read Matthew 6:14



Forgiveness in Five

When someone hurts our feelings it makes it hard to forgive them. One easy thing we can do to help us when we get upset is to count on our fingers to help us calm down.

Let's practice: Make a fist with your hand and then one by one let your fingers pop up while you count to five and take a deep breath. Do this over and over again until you don't feel mad anymore. Once you are calm, think about how you can forgive the person who hurt you.

Ask God to help you forgive others even when you are hurt.



Talking Forgiveness

Talk to God about helping you forgive others. Pray something like this:

"Dear God, Please help me be able to forgive others, even when I am upset because they hurt my feelings. I want to forgive them because I want them to know they are important to me no matter what. Thank you for always forgiving me. I love you, God, amen."

Thank God for forgiving you.



Forgiveness Changes Us

Grab some paper and something to draw with.

Fold your paper in half so that you will have a crease down the middle of your paper. On the left side of the paper, draw a picture of what you think someone who needs to be forgiven looks like. On the right side of the paper, draw the same person, but draw what they would look like after they were forgiven! Hopefully, their face has changed from sad to happy! Being forgiven changes others!

Know that forgiveness changes people.



Forgive Because You're Forgiven

With the help of an adult, look up this week's Bible verse: **Matthew 6:14**. Read the verse aloud together with a normal voice. Then, try using these silly voices to practice say your verse: whisper voice, robot voice, and baby voice!

Look for ways that you can practice forgiveness toward others.

**I'M
SORRY!**

**IT'S
OKAY.
I FORGIVE
YOU!**



Name

Parent Signature



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BOTTOM LINE: Take the first step to forgive others.

Read Mark II:25

DAY 1

Take the First Step

Grab some friends or family members and play a revised game of "Mother May I." Here's how to play:

To begin the game, the "Mother" stands at one end of a room and turns around facing away, while players line up at the other end. Players take turns asking "Mother, may I ____?" and makes a movement suggestion, like jumping or stepping. For this version, the "Mother's" reply will always be: "You may only take one step forward." For example, if the player asked if they can take five steps forward the mother will reply with, "No, you may only take one step forward." The first of the players to reach the mother wins the game. That child then becomes the mother and the original mother becomes a child, and a new round begins.

Ask God to help you to take the first step towards forgiveness.

DAY 2

Feelings About Forgiveness

Sometimes we have a hard time forgiving others because of how we can feel when we're hurt. We might feel frustrated, embarrassed, or just mad. Talk with your parent about a time that you felt one of those feelings and how you responded. Talk about how the next time you are hurt how you can quickly forgive.

[Hint: Tomorrow's activity is a good thing to do!]

Thank God for giving you people to help you learn about forgiveness.

DAY 3

Keep on Praying

Yesterday, we thought about the way we feel when someone hurts us that may keep us from forgiving them. When we feel those feelings, we can go to God and ask Him to help us! You can talk to God through prayer. Use the prayer below as an example.

"Dear God, Sometimes I don't feel like forgiving someone who hurt me, but I know that I need to. Please help me today to forgive those who made me feel upset. Amen."

Know that God will always help us when we need it.

DAY 4

Walk It Out

With the help of an adult, look up this week's verse: **Mark II:25.** Read it aloud. Now, since we need to take the first step when it comes to forgiveness, take a walk while you say your verse. To make it easier, have someone read the verse aloud a few words at a time and then echo what they said while walking around your house.

Look for times that you can take the first step to forgive.

TAKE!

THE

FIRST

STEP

TO

FORGIVE

OTHERS

BRING THIS
BACK NEXT
WEEK!

Name _____

Parent Signature _____



FORGIVENESS

Deciding that someone who has wronged you doesn't have to pay

BOTTOM LINE: Everyone needs to be forgiven.

Read Daniel 9:9

DAY 1

Done Wrong?

Sometimes we need to forgive others and sometimes we need to be forgiven. Think of a recent time that you did something that you needed to ask forgiveness for. Was it something like: not obeying, taking a sibling's toy, or saying something mean to a friend? If you haven't already done so, go ask for forgiveness and tell them what you have been learning about forgiveness this month.

Ask others for forgiveness when you need to.

DAY 2

Sorry, God!

God offers us forgiveness. But it's still nice to ask Him to forgive us. Think back to yesterday and the situation that you needed to ask forgiveness for from a friend. Talk to God and ask Him to forgive you for hurting someone else. You can pray something like this:

"Dear God, Thank you for always forgiving me no matter what. I pray that you will forgive me when I was not kind to my friends or family members. I love you, God. Amen."

Thank God for always forgiving you.

DAY 3

Memory

Grab someone to do this activity with you! Look up this week's verse: **Daniel 9:9**. Write or type this week's Bible verse onto a sheet of paper. Cut the words apart and tape the words to a wall or table. Say the verse out loud, then remove one word. Have your friend say the verse again, seeing if they can remember the missing word. Then, take away another word. Repeat until all of the words are gone and you are saying the verse from memory!

Look for ways you can forgive others because you are forgiven.

DAY 4

"I Will Forgive"

Sometimes we need a little help remembering why and who to forgive. So below are some "I will" statements that we can say to remind us who and why we need to forgive. Practice saying the statements below every time you need to!

"I will remember Jesus died for me."

"I will forgive others"

"I will ask for forgiveness when I need to."

Know that when we forgive others, it shows that we love them.



Name

Parent Signature

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BOTTOM LINE: When you don't forgive, you miss out.

Read Colossians 3:13

DAY
1

No I'm Sorry?

Sometimes, others might not actually say the words, "I'm sorry," to you when they have done something wrong. So, how can you forgive them? Sometimes we just have to forgive them in our hearts and not hold it against them. Think about a person that you might need to forgive today. Pray to God and ask Him to help you.

"Dear God, Please help me forgive _____ (insert name here). I want them to know that they are special to me no matter what. I want to keep my friendship with them. In Jesus name, amen."

Look for ways that you can forgive others even when they don't ask.

DAY
2

To Forgive or Not to Forgive

Read some situations below and decide if in that situation you should forgive that person or not.

Your little sister took your favorite toy and broke it by accident.

To Forgive or Not to Forgive

You were at school and a kid in your class grabbed a book out of your hand without asking.

To Forgive or Not to Forgive

Your neighbor borrowed your bike and left it in the middle of the road overnight.

To Forgive or Not to Forgive

Know that quickly forgiving someone will help you to not miss out.

DAY
3

Don't Forget to Forgive

Learning motions to a Bible verse makes it easier to remember! Do the following motions to help remember this week's verse:

"Put up with one another.

(Point around like you are pointing at friends)

Forgive one another (hug the air)

if you are holding something against someone.

(pretend to push the air away from you)

Forgive, just as the Lord forgave you."

(cross your arms in front of your chest)

Colossians 3:13, NIV

Ask God for opportunities to forgive one another because the He forgave you.

DAY
4

Forgiveness Necklace

Make a forgiveness necklace! Grab some paper, scissors, string, and something to draw with.

Cut a shape out of the piece of paper big enough that you can write on. Once you have cut out your shape, write the words "I Will Forgive" on the paper, punch a hole on the top, and loop a string through it. Wear this necklace around your neck to remind you to forgive all the time.

Look for ways that you can accept forgiveness and give it whenever you need to.

*Color in the letters to the word
FORGIVENESS and then stick it
somewhere in your house that you
can see often to remind you to forgive.*

FOR
GIVE
NESS

BRING THIS
BACK NEXT
WEEK!

Name

Parent Signature