

FORGIVENESS

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

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.*





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Read Luke 6:37

DAY 1

If we're not careful, we can spend all our time pointing out other people's mistakes instead of taking a long hard look at our own behavior. Once you start judging and blaming, pretty soon you realize you're just as imperfect too.

But remember, the answer is forgiveness! Forgiveness is deciding someone who has wronged you doesn't have to pay. It's a choice. When you refuse to forgive, when you choose to stay angry, you miss out.

Here's your challenge this week. When you find yourself about to blame or judge someone else, stop yourself. Hold your tongue. Don't even let the words come out of your mouth. Make a decision to let it go so you don't miss out.

This will definitely require God's help! As you pray today, ask God to help you remember that you're not perfect. Tell Him that you love Him and ask God to help you forgive so you don't miss out this week.

Read Hebrews 10:30

DAY 2

What are some chores you're responsible for around your house?

What are some chores your mom or dad are responsible for?

According to this verse, whose job is it to judge? Is it yours? Nope, it's God's job. When someone says or does something unkind, you could choose to stay mad. Or you could choose to let God be the judge. It's His job anyway.

God sees and knows all. You can talk to Him and tell Him why you're mad and ask Him to help you decide to forgive. As you pray today, tell God why you're angry or sad. Talk about what happened and how you want to forgive but it's hard. Ask Him to do His job (the judging part) and help you do yours (the forgiving part) so you don't miss out.

Read Matthew 6:14

DAY 3

Riding a bike
Tying your shoes
Reading aloud
Meeting an adult
Walking into a new classroom

Do you know what all these things have in common? They're all things that at one time seemed scary or hard. But once you practiced a little, they're not so bad! The best way to get better at anything is to practice. It's the same with forgiveness. The more you make the choice to forgive, the easier it will become. And, the more you model forgiveness, the more likely the people around you are to forgive too. Don't you want to hang out with friends that choose to forgive?

Ask your mom or dad to tell you about a time when they chose to forgive someone as a kid even when it was really hard. What happened? How did practicing forgiveness in that example help them become better at forgiving the next time?

Thank God for the reminder today that forgiveness takes practice! Ask God to help you choose to forgive this week so you don't miss out.

*When you
don't forgive,
you miss out.*



Read Zechariah 7:9

DAY 4

Today's verse includes some big words that need defining!

Justice – the quality of being just, impartial, or fair

Mercy – compassion or patience shown to an offender (someone who has wronged you)

God is asking us to treat others with fairness. To show love and compassion and patience to one another, even those who hurt us. Why? Because that's exactly how God treats us! He treats us fairly. He is loving and patient and kind, always.

In the space below, rewrite today's verse in your own words. Feel free to use the words in the definitions above or to look up the verse in different translations. You could even go

BibleGateway.com (with an adult's permission) to read this verse in different translations.

Read the words you've written today as a prayer to God, asking Him to help you choose forgiveness so you don't miss out!

WHAT DO YOU LOSE IF YOU DON'T FORGIVE?

DAY 5

What is your dream party? Who would you invite? Where would it be? What would you do? How long would it last?

Did you create a pretty epic party in your mind? Now imagine that party is happening, but the only way you can go is if you forgive someone who hurt you. That may seem like a strange deal, but it's the situation the older brother found himself in when his father chose to not only forgive, but to celebrate his younger brother when he returned after really messing up.

In real life, you may not miss out on a party if you don't forgive someone (although you might!), but you can certainly miss out on some great things if you don't forgive. You might miss out on a great friendship. You might have your day or even week ruined because you're too caught up in your anger. You might even miss a great opportunity God has for you to experience something really cool, all because you're too caught up in the past.

Go in the bathroom with a dry erase marker and draw a party hat on your head in the bathroom mirror. As you go throughout your week, think about that epic party and how you don't want to miss it because you chose not to forgive!

FORGIVENESS

DECIDING THAT SOMEONE WHO HAS WRONGED YOU DOESN'T HAVE TO PAY

DAY 1

Go to Studio252.tv and watch this week's episode of The So & So Show. (Click on *Fun2Watch!* then *The So & So Show.*)

Even if you already saw it at church, feel free to check it out again!

SO & SO TOP 3

After watching, write one thing that . . .

1) YOU LIKED: _____

2) YOU LEARNED: _____

3) YOU'D LIKE TO KNOW: _____

DAY 2

Read Luke 15:21-32

As you read Luke 15:21-32, draw an emoji (either in your Bible or on a sheet of paper) that you think represents that sentence or paragraph. (Like, besides verse 21, you might draw a sad emoji, but then beside verse 22-24, you might draw a happy face and a party hat emoji)

There were a lot of emotions in the story Jesus told, weren't there? Everything from happy to sad to angry and even jealous. And if the older brother decided not to forgive, he was missing out on all the . . .



DAY 3

When you don't forgive someone, it's like you're holding on to the hurt and pain they caused you. And when you do that, it's impossible to have a good relationship with that person because you're too busy holding on to anger.

Read the prayer below, filling in your own words in the blanks. Start out your prayer with your fists clenched tight, but as you pray, slowly release your hands and relax. By the time you're done praying, your hands should be turned over and open, palms to the sky, releasing the person you've forgiven.

Dear God, I know I need to forgive _____ for _____ . It really made me mad that they did that, but I don't want to be mad anymore. I don't want to hold on to anger. I want to release my anger and instead choose forgiveness. I have decided that _____ doesn't have to pay, even though they hurt me. I release them and choose forgiveness instead. In Jesus' name, I pray, amen."

DAY 4

Yesterday, you ended your prayer of forgiveness with your palms open and facing upward, instead of clenched tight in anger. Now go take those open hands and use them to either high-five or hug the friend or family member you've chosen to forgive. Think about how you couldn't do that if you still had your fists clenched tight in anger. By releasing them and choosing forgiveness, you won't miss out on this relationship that means a lot to you!

After you hug or high-five, take a minute to tell your friend or family member something you appreciate about them—one or two reasons that you're glad that you're family or friends. Just think: if you didn't forgive, you'd miss out on that special trait or gift that person brings to your life!

