

# FORGIVENESS

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

WEEK FOUR  
2<sup>ND</sup>-3<sup>RD</sup>

## READ COLOSSIANS 3:13

## DAY 1

When someone hurts you, how does it make you feel? Hurt? Angry? Frustrated? If you're not careful, those feelings can take over. But God wants us to remember something super important. He has forgiven YOU. Remember, God sent His only Son, Jesus, so that you could be forgiven of your sins.

That means that God wants you to treat others the way HE treats you. That's why if someone hurts you and then says they're sorry, you should forgive. God loves you and He wants good things for you, including good relationships with others. Since God forgave you, you should forgive others.

Grab a piece of paper. Write down someone's name on the page that you need to forgive. Then fold up the page into a paper airplane. Once you've followed through and forgiven that friend, send that airplane soaring as high as you can.

**THANK** God for forgiving you so that you can forgive too.

## READ MATTHEW 18:21-22

## DAY 2

In the space below, write "I forgive you" as many times as you can in one minute. Ready, set, go!

Peter asked Jesus, "How many times should we forgive someone? Seven times?" "Nope, seventy-seven times," Jesus replied. Really? Seventy-seven times? That's a lot, isn't it? What if I lose count? Well, that's exactly the point Jesus was trying to make because the number seventy-seven isn't all that important. It's not as if Jesus was saying, "Okay, you should forgive up to seventy-seven times, but at seventy-eight well, no more forgiveness for you!" No. He wanted Peter to stop counting and simply choose forgiveness instead.

The truth is, no one wants to be friends with someone that always keeps score. Who would want to hang out with a person that constantly points out your past mistakes or refuses to forgive? So don't be that friend. When someone does something wrong and asks for forgiveness, forgive them. Don't keep track. Whether it's the first time, or the seventy-first time, choose forgiveness.

**ASK** God to help you forgive as He's forgiven you.

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## READ EPHESIANS 4:32

DAY 3

When it's hard to forgive, it's good to remember the promises we find in God's word. This verse is a great one to "hide in your heart" or memorize. Because there will be a time this week when someone does something that makes you mad or sad or hurt. And in that moment, you could remember the words of this verse to help you choose forgiveness.

Write the words of this verse on separate pieces of paper or index cards. With an adult's permission, tape the words to the wall in verse order, leaving several inches between each card. Read the verse aloud. Then step back two feet from the wall and throw a wadded up piece of paper at one of the words. If you hit a word, take that word down and repeat the verse including the missing word. Continue throwing and removing the words until you can say the verse from memory.

**LOOK** for opportunities to be kind and tenderhearted this week so that you can forgive.

## READ COLOSSIANS 2:13-14

DAY 4

With an adult's help, gather the following supplies from your kitchen: a container large enough to hold four cups of liquid, some powdered drink mix, water, a large spoon and bleach. Pour two cups of water into the container. Everything looks clean right?

Now pour some powdered drink mix into the water and stir. When we sin or do wrong things, our lives start to look like this water. It's not so clean anymore right? That's why Jesus came to forgive us. He died on the cross and rose again so that we can be forgiven.

Ask an adult to carefully pour in some bleach. What happened to the water? It's clean again! The Bible says that when we put our trust in Him, we become new creations! Because God offers forgiveness to you, you can forgive too. Remember this experiment the next time you're tempted to stay mad or refuse to forgive. Since God forgave you, you should forgive others.

**KNOW** that God has forgiven you and with His help, you can forgive others too.

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