

FORGIVENESS

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

BOTTOM LINE: Everyone needs to be forgiven, even me.

Read Psalm 32:1

DAY

1

Forgiveness Journal

Fold several sheets of paper in half then staple them together on the fold. On the front write, "My Forgiveness Journal." Use the pages to draw or write down things people did that hurt you or made you mad, but do not write their names. After you write out your feelings, pray and forgive the people who hurt you. Put the journal somewhere safe and return to it any time you need to forgive someone. Know that it is okay to be hurt, but God asks us to forgive.

DAY

2

Forgiveness Collage

With the help of a grown-up, gather some old magazines and newspapers. Cut out the pictures of people. Glue or tape the pictures to a piece of paper to make a collage. Put a picture of yourself at the center of the collage. At the top of the collage, have someone help you write, "Everyone Needs to be Forgiven." Put the collage somewhere in the house where you will see it every day. Look at the collage as you pass by and remember everyone, including you, needs to be forgiven.

DAY

3

Prayer

"God, help me to learn more about forgiveness. I know, now, that everybody needs forgiveness. Please forgive me for the things I did that hurt You. Thank you for Your forgiveness, amen."

DAY

4

Sing Forgiveness

Make up a tune and sing this week's verse like a song. Sing it every day and teach the song to your family. Ask them to celebrate with you that you have been forgiven!

