

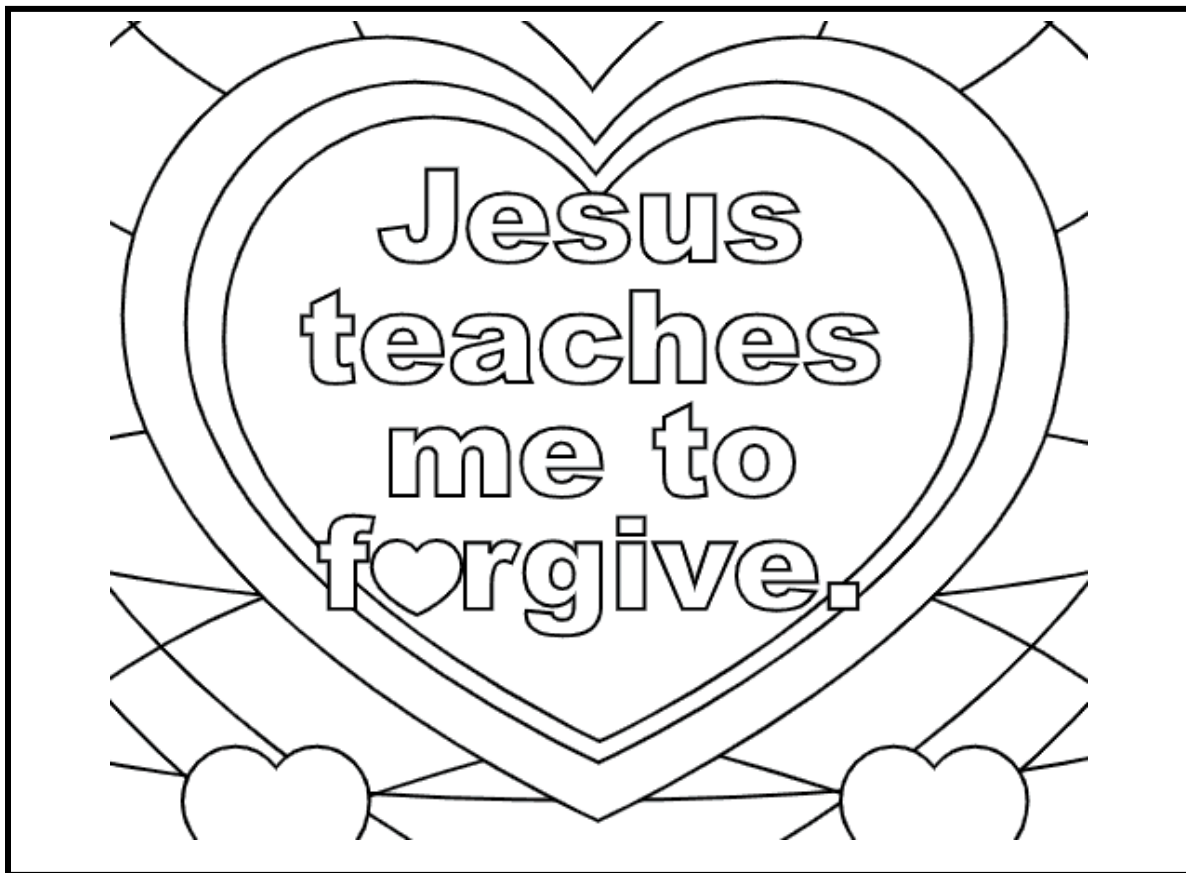
Forgiveness: Week 1

Memory Verse: Colossians 3:13 “Do not be angry with each other, but forgive each other. If someone does wrong to you, then forgive him. Forgive each other because the Lord forgave you. “

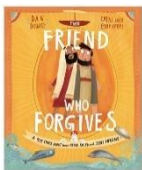
When someone hurts you, you can choose to stay angry or to forgive that person. We can learn how to forgive from Jesus, our best example. Through Jesus, you can be forgiven from all of the bad things you have done.

Read Ephesians 4:32 with an adult and talk with him or her about how God chooses not to stay angry with us when we come to Him in prayer asking for His forgiveness.

Parent/Guardian Signature _____



Read More About It



A Friend Who Forgives by Dan Dewitt and Catalina Echeverri

This book is about the story of how a disciple named Peter was forgiven by Jesus.

Forgiveness: Week 2

Memory Verse: Colossians 3:13 “Do not be angry with each other, but forgive each other. If someone does wrong to you, then forgive him. Forgive each other because the Lord forgave you. “

The definition of forgive is to stop feeling angry or resentful toward someone for an offense, flaw, or mistake. It means that you chose to not hold it against the person anymore. You chose not to stay angry and to be kind.

Trace the words below and then write them on your own.

forgive
be kind

Draw a picture of what you can do after you forgive someone like a high five or a hug.

Dig Deeper into What the Bible Says about Forgiveness:



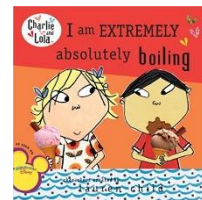
Matthew 6:14 “If you forgive others for their transgressions, your heavenly Father will also forgive you.”

Fiction Connection

I am Extremely Absolutely Boiling

by Lauren Child

Lola has to choose whether or not to forgive her friend for knocking over her ice cream.



Forgiveness: Week 3

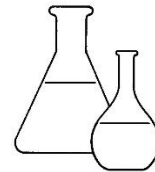
Memory Verse: Colossians 3:13 “Do not be angry with each other, but forgive each other. If someone does wrong to you, then forgive him. Forgive each other because the Lord forgave you. “

When you chose not to forgive someone, it makes you act differently toward that person. You start feeling mad and bitter. To feel bitter means that you do not feel kind and sweet. The Bible tells us to forgive other people.

Is there a limit to how many times you need to forgive a friend? Read Matthew 18:21-35 with an adult to learn about what Jesus had to say when He was asked that question.

Parent/Tutor Signature _____

Science Experiment



Materials:

- Something bitter to taste like unsweetened baker's chocolate, Brussel sprouts, raw ginger, or dandelion greens
- Something sweet to taste like candy, sugar, ripe bananas, or honey
- Water

Start by reading Hebrews 12:14-15 about how choosing not to forgive makes you have bitterness inside you. Then, take a small taste of something bitter. Hold the food in your mouth for a minute and decide if you like it and want to taste it all of the time. Rinse your mouth with water and then taste something sweet. Hold the sweet food in your mouth and decide if you would rather taste it all of the time. When you choose not to forgive, you are the one that feels bitter, not the person that made you mad.

Dig Deeper into What the Bible Says about Forgiveness:



1 John 1:9 “If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.”

Fiction Connection

The Giggle Couch

by Dan H. Bonesteel

THE GIGGLE COUCH



When some cousins need their Grandmother's forgiveness, she tells them a story from the Bible.

Forgiveness: Week 4

Memory Verse: Colossians 3:13 “Do not be angry with each other, but forgive each other. If someone does wrong to you, then forgive him. Forgive each other because the Lord forgave you. “

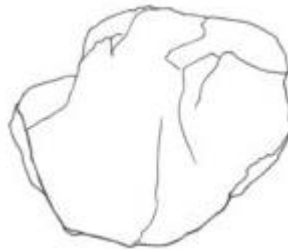
Words can really hurt sometimes. You can choose to forgive people when they use words to hurt you. You can use your words to say, “Those words hurt me, but I choose to forgive you.” You can pray for God to help you to forgive the person and for God to help you to use good words when you are talking about people.

Forgiving someone when they do not necessarily deserve it is a way to show that you love them. Read John 15:13 to see Who shows the greatest love.

Parent Signature _____

Painted Rocks

Sometimes the hurt of someone's words can feel heavy like a rock you carry around. Choose to forgive others and you can choose not to carry that weight around. Today, you can paint your feelings onto a rock and then leave your painted rock somewhere and walk away from it.



Check out a blog post about forgiveness and rocks at theparentcue.org/forgiveness-rocks

Dig Deeper into What the Bible Says about Forgiveness:

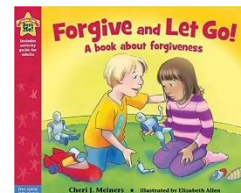


Proverbs 19:11 “A man's insight gives him patience and his virtue is to overlook an offense.”

Fiction Connection

Forgive and Let Go!

by Cheri J. Meiners



Forgiving means that we need to choose not to accept that things won't always go our way.