FORGIVENESS

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

WEEK 2

K-1st

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

DAY 1

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.

DAY 2

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.

DAY 3

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.

DAY 4

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!