



Hearts full- but of what?

How does it feel when someone is unkind to us?
How does it feel when someone 'sins' against us?
How do we feel inside?



This website has a great [Forgiveness illustration](#) on it (it also has a video of it in case you can't do it or it's easier just to watch but don't play the whole thing straight away!)

Have a piece of kitchen roll- draw a heart on it with Sharpie or permanent marker.

When someone is unkind to us we can feel hurt and angry. Our hearts fill up with sadness and crossness it can make them feel hard or sometimes a bit broken. Get the children to help you colour them in with washable marker pens or felt tips, colour it so it looks messy.

Imagine walking around with a heart full of all that sadness and hurt- do you think you'd feel very happy?

So what can we do to fix the problem?

Let me tell you a story...

In Jesus's special prayer (you can reap it here [The Lord's Prayer](#)) He told us in the last line to pray that God would 'forgive us for the wrong things we do' and now He adds to that and tells us to pray ' and help us to forgive other people who do wrong things against us' if we thought saying sorry was hard what about forgiving other people when they hurt us?!



In Matthew 18 Peter one of Jesus's disciples asks Jesus a bit more about forgiveness and Jesus tells him this story... [The Parable of the Unforgiving Servant](#)

(Alternatively tell the story using figures and coins)

Once there was a King who decided he wanted everyone to pay back the money he had lent them. One of his servants had borrowed a really big amount of money! (Put a stack of coins in front of the servant)

When the King asked him for the money back he couldn't pay it so the King



What do we want our children to know?

To understand that we have all sinned and that we need God's forgiveness which He freely gives when we ask Him.

To know He wants us to share that same forgiveness with other people.

To understand that forgiveness doesn't just give healing to the person we forgive but it heals our hearts too filling them with God's peace and love.



Memory Verse

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4v32

**YOUNGER GROUPS
TEACHING**

ordered he should be thrown into prison. The servant begged the King not to do it and because the King was kind he decided to forgive the servant and cancel his debt so he didn't have to pay back anything. (Remove the coins!)

The servant was delighted but as he left he saw another servant who owed him a small amount of money (get out one or two coins and put it in front of the second servant.)

The first servant got angry, he demanded his money back and when his friend told him he couldn't pay it he had him thrown into prison.

When the King heard about this He was furious! He said to the servant I forgave you that big debt, your friend only owed you a little bit! I was kind to you and showed you mercy- why couldn't you do the same to your friend? And he had the man out in prison until he did paid back the full amount he had borrowed.

Whole hearts

What does Jesus's story teach us?



Well in the story Jesus is saying the King is like God and that we are like the first servant. The big pile of coins is the wrong things we do, God forgives us for the wrong things we do and He takes our debt away. Just as the King forgave the money the servant owed, God forgives us for the big pile of sin we do. The man didn't get sent to jail as He deserved and God doesn't give us the punishment we deserve He forgives us and takes our sins away.

If someone does wrong to us here Jesus tells us we should forgive them because we know what is to be forgiven by God.

Take your heart that you coloured in- when we forgive we decide not to hold onto the hurt and anger. (Dip your kitchen towel into a tray of water, the washable pen should start to disappear and leave the permanent pen). Jesus knows it's not always easy which is why it's in His special prayer- we might need God's help to forgive. Choosing to forgive doesn't mean that everything is immediately perfect again but what it does is help to mend our hearts and soften them. If we take those feelings of hurt and sadness and give them to God He will give us His healing and His peace instead. When we choose to forgive it helps not only the person we forgive but it helps us too.

'Heavenly Father, you are so wonderfully amazing.

I thank you that you give me everything I need, thank you that you care about the health of my body and my Spirit.

Father, I've messed up, I've sinned and got it wrong. I'm so sorry, I know I've let you down. I thank you that you will always forgive me. Please help me to be more like you. Help me I pray to forgive the people who hurt me, please Lord take the hurt and sadness I feel away and give me your peace. I pray that you would be with the person who's hurt me too let them know you are with them and help me to show them that love, please give me your strength to do it.

Amen'

TEATIME TEASERS

-Be intentional in practicing your forgiveness this week. Be willing to forgive your family when things go wrong and think about how you react when things go wrong? How does the atmosphere at home change when everyone practices having a forgiving spirit?

- Is there anyone who you need to forgive? Is there any hurt you're holding onto from where someone has treated you badly. Spend some time praying and asking God to help you forgive, ask Him to take the pain, anger and hurt and fill your heart with His peace and love instead.

-Pray for those who persecute you... in Matthew 5v44 Jesus tells us to 'love our enemies and pray for those who persecute you.' When we pray for for the people who hurt us and we ask for God's blessing upon them then our hearts will gradually be softened towards them. Again it's something we need to do with God's strength, but it's another step towards forgiveness.



1

THIS IS A CRAFT YOU CAN KEEP ADDING TO OVER THIS SERIES TO HELP YOU TO LEARN THE LORD'S PRAYER. MAKE YOUR OWN, PRAYER KEYRING OR BRACELET. YOU COULD USE WIRE, ELASTIC, STRING OR A PIPE CLEANER. THIS WEEK ADD A **PINK** BEAD TO REMEMBER THAT WE NEED TO ASK GOD FOR HIS HELP TO FORGIVE OTHER PEOPLE WHO SIN AGAINST US. KEEP IT SOMEWHERE SAFE SO YOU CAN CONTINUE ADDING BEADS EACH WEEK.



2

WHY NOT CREATE A LORD'S PRAYER PLAY BOX OR TREASURE BOX- AS THE WEEKS GO BY YOU COULD FILL IT WITH ITEMS TO HELP YOU REMEMBER THE PRAYER. HERE'S TWO GOOD SITES THAT GIVE YOU EXAMPLES OF OBJECTS YOU COULD INCLUDE;

[LORD'S PRAYER TREASURE BAGS](#)
[LORD'S PRAYER STORY BASKET AND SCRIPT](#)



3

FORGIVENESS CAN HELP HEAL OUR HEARTS AND OTHER PEOPLE'S HEARTS- WHEN WE FORGIVE AND GIVE GOD YOUR BITTERNESS AND HURT HIS LOVE AND PEACE CAN ENTER. WHY NOT HAVE A GO AT COLOURING THIS HEART PUZZLE. YOU COULD ADD THE WORD 'FORGIVE' ON IT TO. THEN CUT IT OUT AND USE IT TO HELP YOU TO PUT THE PIECES BACK TOGETHER.

[HEART PUZZLE](#)

