

# FORGIVENESS

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

**BOTTOM LINE:** Take the first step to forgive others.

**MEMORY VERSE:** Colossians 3:13

Read Mark 11:25

DAY  
**1**

## Take the First Step

Grab some friends or family members and play a revised game of "Mother May I." Here's how to play:

To begin the game, the "Mother" stands at one end of a room and turns around facing away, while players line up at the other end. Players take turns asking "Mother, may I \_\_\_\_?" and makes a movement suggestion, like jumping or stepping. For this version, the "Mother's" reply will always be: "You may only take one step forward." For example, if the player asked if they can take five steps forward the mother will reply with, "No, you may only take one step forward." The first of the players to reach the mother wins the game. That child then becomes the mother and the original mother becomes a child, and a new round begins.

Ask God to help you to take the first step towards forgiveness.

DAY  
**2**

## Feelings About Forgiveness

Sometimes we have a hard time forgiving others because of how we can feel when we're hurt. We might feel frustrated, embarrassed, or just mad. Talk with your parent about a time that you felt one of those feelings and how you responded. Talk about how the next time you are hurt how you can quickly forgive.

[Hint: Tomorrow's activity is a good thing to do!]

Thank God for giving you people to help you learn about forgiveness.

DAY  
**3**

## Keep on Praying

Yesterday, we thought about the way we feel when someone hurts us that may keep us from forgiving them. When we feel those feelings, we can go to God and ask Him to help us! You can talk to God through prayer. Use the prayer below as an example.

**"Dear God, Sometimes I don't feel like forgiving someone who hurt me, but I know that I need to. Please help me today to forgive those who made me feel upset. Amen."**

Know that God will always help us when we need it.

DAY  
**4**

## Walk It Out

With the help of an adult, look up this week's verse:  
**Mark 11:25.** Read it aloud. Now, since we need to take the first step when it comes to forgiveness, take a walk while you say your verse. To make it easier, have someone read the verse aloud a few words at a time and then echo what they said while walking around your house.

Look for times that you can take the first step to forgive.



**TAKE**

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# FORGIVENESS

*Deciding that  
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## Memory Verse: Colossians 3:13

### Read Proverbs 17:9

### DAY 1

Forgiveness is hard. Sometimes we'd rather be right and make a point. We want the other person to understand why we're hurt and to somehow guarantee they won't ever mess up and hurt us again. Since no one is perfect, eventually the people you spend time with will mess up and those mess-ups might really mess up your friendship.

When it comes to forgiveness, being right is never more important than your friendship. Winning an argument isn't the goal, protecting the relationship is. If you keep bringing it up to make the other person feel bad, you'll never be close to that person. That's why it's so important to take the first step to forgive.

Place a piece of paper on the floor, put your foot on the page and trace around it to create a footprint. Inside your footprint outline write, "Take the first step to forgive." As you hold up your footprint, ask God to help you forgive so that you can protect your relationships.

### Read Luke 17:3-4

### DAY 2

Match the OPPOSITES to the right by drawing a line between the two answers.

When someone hurts you, what do you immediately want to do?  
Do the same thing to them that they've done to you, right?

God has a better way of course. He knows that instead of thinking about how to pay someone back, we should think about how we can win someone back. Because fixing our relationships or friendships is always more important than getting even. So when someone hurts you, instead of trying to get them back, do the opposite! Choose to heal instead of hurt, to forgive instead of getting even.

HOT	SHUT
LEFT	LOW
HURT	NO
HIGH	NIGHT
DAY	DOWN
YES	GOODBYE
FRIEND	RIGHT
HELLO	ENEMY
UP	COLD
OPEN	HEAL

When you find yourself getting angry when you've been hurt, bow your head and ask God to help you do the exact opposite of what you feel like. Instead of paying back to get even, ask God to help you take the first step to forgive.



## Read Mark 11:25

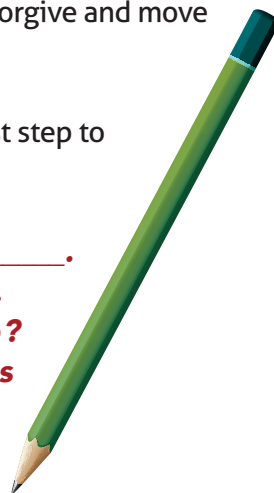
DAY 3

Do you sometimes treat God like a vending machine with your prayers? If you put in the time to ask for what you want (like putting a coin into a vending machine) then you'll get back what you've asked for (like a coke or package of chips). The point of prayer isn't to get God to do what we want. The point of prayer is to change us, to make us more like Jesus.

If we want to be more like Jesus, the number one thing we have to take a look at is how we're treating other people. This is especially true when it comes to how we forgive and move on. Is there anyone you're refusing to forgive? Why?

Fill in the blank in the prayer below, asking God to help you take the first step to forgive this week.

***"God, this week, I'm really frustrated with \_\_\_\_\_.  
You already know what happened and why I'm upset.  
Can you please help me take the first step to forgive?  
I don't want to stay mad but I need your help. Thanks  
for loving me God and for choosing to forgive every  
time I mess up. In Jesus' name, amen."***



## Read Hebrews 12:14

DAY 4

**Take a look at the very first sentence in today's verse.**

When it comes to forgiveness, to living in peace with others instead of staying mad, what is the key? Yes, simply to try! To try means to attempt, to make an effort, to give it a shot.

So this week, when someone hurts you with their words or actions, just TRY. Take the first step even when you don't feel like it. When you try, you'll be one step closer to living the way God wants you to live.

Write the word TRY on a wide rubber band with a ball point pen. As you wear your bracelet this week, remember to take the first step as you try to forgive.



**Take the  
first step to  
forgive others.**

An orange sticky note with black text is placed over a silver adjustable wrench. The wrench is positioned diagonally, with its head pointing towards the top right and its handle extending towards the bottom left.

# WHAT IS KEEPING YOU FROM FORGIVING?

## DAY 5

**Read Proverbs 16:18. What does the Bible say might happen if you have pride? You might \_\_\_\_\_.**

In life, we are always moving one direction or another. And each step we take can either be toward life-giving situations: like forgiveness—or it can lead to our own downfall: like pride.

So often pride gets in the way of forgiveness. Maybe we are embarrassed to admit that we've messed up. It definitely takes humility to apologize to someone. Or maybe we are too prideful to forgive someone. We are mad, and we don't think they deserve our forgiveness.

Whether it's pride, anger, embarrassment or any other emotion getting in the way of moving toward forgiveness, we need to release it. In fact, that might be the first step we take: the step over pride, the step over anger. With that obstacle out of the way, forgiveness is in our reach.

Talk to God and ask Him to help you step over whatever might be in your way and keeping you from forgiving someone. Ask Him to help you take a step toward forgiveness today.

# FORGIVENESS

DECIDING THAT SOMEONE  
WHO HAS WRONGED YOU  
DOESN'T HAVE TO PAY

## DAY 1

Memory Verse: Colossians 3:13

Go to [Studio252.tv](http://Studio252.tv) and watch this week's episode of The So & So Show. (Click on Fun2Watch! then The So & So Show.)

Even if you already saw it at church, feel free to check it out again!

### SO & SO TOP 3

After watching, write one thing that . . .

1) YOU LIKED: \_\_\_\_\_

2) YOU LEARNED: \_\_\_\_\_

3) YOU'D LIKE TO KNOW: \_\_\_\_\_

## DAY 2

### Read Matthew 5:1-2, 23-24

Using the boxes bellow, draw a comic strip style illustration of Matthew 5:23-24.

 <i>(You with a present for God)</i>	 <i>(You remembering a past situation you messed up and hurt someone)</i>	 <i>(You asking for forgiveness and offering a present to the person you hurt)</i>	 <i>(You coming back to pick up your gift and offering it to God)</i>
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Jesus believes forgiving others is so important that He was saying we need to make things right with others before we make things right with God. Whoa!

Making things right with others might mean forgiving them, or it might mean humbling yourself enough to ask someone else for forgiveness. Whatever it takes to make the peace, Jesus challenges us to take the first step.

## DAY 3

Taking the first step to forgive—or to ask for forgiveness—neither one of those is an easy step to take.

Today, go on a prayer walk, either around the inside of your house, or with a parent's permission, around the outside or in your neighborhood. With each step you take, talk to God about forgiveness, using one of the situations below:

- If there's a specific situation in your life where you know you need to ask forgiveness, ask God for boldness and courage to take the first step and ask for forgiveness.
- If someone else needs to experience your forgiveness, ask God to help you bravely offer it.
- Or if you feel that you're at peace with everyone right now, ask God to give you a forgiving attitude, so you're always ready to take that first step toward forgiveness.

**As you close your prayer, ask God to direct your steps today toward forgiveness.**

## DAY 4

### Yesterday you prayed for courage and boldness to take the first step toward forgiveness.

Asking God for help is super important, but now it's time for you to take the first step.

Today, find the person you need to ask forgiveness from—or who you need to forgive—and take that first step. That step will look different based on the situation, but it might look like . . .

- Telling a friend you've been angry because of something they did, but telling them you're not mad any more, and you'd like to make the peace. Suggest something fun you can do together to move on!

- Apologizing to a family member for something you did. Ask for their forgiveness. End the conversation with a hug or a high-five.
- If you don't have any ongoing situations in your life that require forgiveness at the moment, find a friend or family member who also trusts God and share with them what you've learned about forgiveness. Ask them to hold you accountable for being the one who always takes the first step toward forgiveness.

As you walk away from your friend, notice the step you took toward forgiveness made your own steps a lot lighter!

