Friendship is using your words and actions to show others you care.

Read: Ephesians 4:32

DAY 1

Working Together

Choose a puzzle or a craft that you have around your house. Work with someone else to find ways to complete the puzzle or craft together.

Sometimes we have to work together to find a new way to do something. Forgiveness is similar, sometimes we need to forgive a friend and figure out a new way to be friends with them.

THANK God that we get many chances to forgive.

DAY 2

Sorry!

Sometimes we do something that can hurt a friend, even by accident. When that happens, that friend just needs an apology. Think of a time that you needed to apologize to a friend. You can also think of a time that you wish someone apologized to you. Talk with a parent about how it made you feel to have to apologize and when you wanted an apology.

ASK God to help you apologize when you need to.

Friends forgive one another.

DAY 3

Love Each Other

Use the word bank for fill in the blanks to complete this week's verse.

kind	forgive	because	tender	forgave

"Be ..... and ..... to one another.

..... one another just as God .....

you ..... of what Christ has done."

Ephesians 4:32, NIrV

LOOK for ways to be kind and tender to one another.

DAY 4

Forgive One Another

Jesus is the best example of how to treat others. One way that we can live like Jesus is to forgive others and admit when we are wrong. Take some time to talk to Jesus about what you can do to love like Him.

"Dear Jesus, Thank you for being an example of how to treat others. I pray that I can learn how to forgive and how to love others well. I pray that I can keep learning how to treat others well and with love. Amen."

KNOW that we can always look to Jesus for examples of how to treat others.

There's More! ⟶

PARENT CUE

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Friendship is using your words and actions to show others you care.

DAY 1

Read Colossians 3:13

When a friend messes up, when they forget your birthday, or borrow something without asking, or say something mean without thinking, what do you do? Do you get mad? When they apologize, do you stay mad?

One big part of friendship is learning to forgive. Why? Because your friends aren't perfect. Neither are you. When a friend tells you they're sorry, forgiveness is always the best choice. Why? Because you've been forgiven too! God doesn't hold your mistakes against you. So if you're holding onto something against someone, choose forgiveness because friends forgive each other.

Don't Forget To Forgive

In the verse below, the following letters are missing! Fill in the blanks to complete the verse: F O R G I V E

"Put up w.....th .....n..... an.....th..... ..... .

....n..... an.....th..... .....

i..... y.....u a..... ..... h.....ld.....ng s.....m.....

th.....n..... a.....a.....nst s.....m..... .....n.....

.... just as th.....

L..... .....d .... a.....e y.....u."

C.....l.....ss.....ans 3:13, NIrV

DAY 2

Read Psalm 133:1

In friendship, it can be hard to keep the peace! Especially when you think you're right and the other person is wrong. Look back at today's verse. Who should live in peace? Unscramble the words below to find your answer.

.....'s .....

O D G E E O P P L

God wants you to live in peace with the people around you because the people around you were made by God! God loves them just as much as He loves you. And it makes God sad when we let our arguments or disagreements get in the way. It's okay to let a friend know that your feelings were hurt or that their choices were wrong, but it's NOT okay to stay mad and refuse to forgive. If we want to have strong friendships, we have to learn how to forgive and move on.

Find Some Peace

Who do you need to forgive? Stop and pray about it. Tell God why you're upset and ask for help to forgive, just as God's forgiven you. Then, when you're ready, let the other person know that you forgive them and do your best to move on so you can live in peace.

DAY 3

Read 1 Corinthians 13:4–5

Did you catch the part at the end that says, love "does not keep track of other people's wrongs"? What does that really mean anyway?

Let's say you're playing football and your friend steals the ball and runs for a touchdown. You are so mad! He did the same thing last week and the week before that. In fact, it seems like all he ever does is steal the ball from you. Suddenly, you're not just mad about today. You're mad about all the other times he's stolen the ball. This is what it means to "keep track of wrongs" against someone else.

Keeping "track of wrongs" can be exhausting. And it's not really fair because you mess up too. In fact, you mess up enough to fill up a list of your own. A good friend ditches that mess up list. A real friend chooses to forgive and move on.

Write the words "does not keep track of other people's wrongs" with a dry erase marker on your mirror. This week, instead of holding on to your anger by keeping a record, ask God to help you be a friend who forgives!

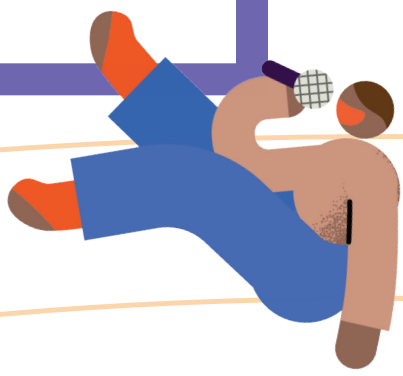
DAY 4

Read Proverbs 17:9

Everybody messes up, including you. And everyone wants a friend who is willing to forgive. But it's even better when you find a friend who forgives and moves on. A friend who doesn't bring it up again or trash talk about you to someone else.

The good news is, God is the ultimate forgiver! God has forgiven you and will help you forgive others. Ask God to help you be the kind of friend who forgives and lets it go, even when it's hard.

Friends forgive one another.



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Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

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Day 1

Watch this week's episode of The So & So Show by going to: https://bit.ly/PreteenSundaysatHome

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

After watching, write one thing that:

1. You liked:

2. You learned:

3. You'd like to know:

Day 2

Read Colossians 3:13

As you read Colossians 3:13, underline every word or phrase that has to do with forgiveness.

There are a lot of underlined words in this one verse, aren't there?

God cares about forgiveness and wants us to understand just how important forgiveness is!

Day 3

Friends forgive one another.

But forgiveness isn't always easy. Sometimes our friends can really hurt our feelings—or we can hurt theirs. Is there someone you need to forgive right now—or someone you need to ask forgiveness of? If not, you've probably experienced one of these recently. Talk to God about it and ask for help being a friend who forgives—and who apologizes when you are the one who needs forgiveness!

Dear God, I know I need to forgive (or apologize) _____ for _____. This is hard for me because _____. Please help me to forgive (apologize to) _____. Thank You for always forgiving me and showing me what it looks like when friends forgive one another. In Jesus' Name, I pray. **Amen.**

Day 4

Look back on the situation that you prayed about yesterday.

Today it's time to put that prayer into action and talk to the person you need to forgive or who you need to ask forgiveness from.

Depending on the situation, you might want to ease the tension by:

- Suggesting you meet somewhere for ice cream or smoothies
- Meeting at a park for a walk—sometimes it's easier to talk when you're moving
- Writing it in a letter and hand-delivering the note
- Planning a way to "make it right" and including that in your apology

Day 5

Why is forgiveness important?

If possible, get down on the floor and do as many push-ups as you can. Wait a minute, and then try to do the same amount, plus one more. If you do this every day, your strength will grow and you'll find it gets easier to do push-ups!

Believe it or not, forgiveness is something you can get better at with practice—both asking for it and offering it to others. When you work your forgiveness muscle, it gets stronger and makes it easier to forgive—and ask for forgiveness—in all your relationships.

(Note: if you have a friend who is always hurting you and never apologizing, that may not be a good friendship to be a part of. Friends forgive one another, but friends also shouldn't constantly be doing things that require forgiveness!)

So keep working on that forgiveness muscle and watch your friendships get stronger!