



First, watch
this week's
video!

Friendship:
Using your
words and
actions to show
others you care

Memory Verse

"A friend loves at
all times. They are
there to help when
trouble comes."
Proverbs 17:17, NIV

Bible Story

Forgive One Another
Colossians 3:13

Bottom Line

Friends forgive
one another.

Use this guide to help your family
learn about friendship.

Activity

Friendly Forgiveness

What You Need:

Dry erase board and marker; or a piece of paper,
pencil, and eraser

What You Do:

Ahead of time, think of a time when you had to forgive
a friend when they did something that hurt your
feelings. This should be something simple and kid-
appropriate (not too serious or heavy).

Say to your child, "Let me tell you about a time when a
friend hurt my feelings . . . and I had to forgive them." On
the dry erase board (or piece of paper), draw a picture to
represent what happened as you describe it. Then erase
the board (or piece of paper), and explain that you chose
to forgive and "erase" what had happened.

Now give your child a chance to share about a time
when a friend hurt their feelings. Maybe a friend
didn't invite them to their birthday party. Or maybe
a friend ignored them, or played with another friend
and excluded them.

Encourage your child to draw a picture of that situation
on the dry erase board (or piece of paper). Then
encourage your child to erase the board (or piece of
paper) to demonstrate how they forgave their friend—
or how they can choose to forgive.

When you're finished, say, "The truth is, people are going
to do and say things that bug us or hurt our feelings—
even our friends! One of the most important ways to BE
a good friend and KEEP a good friend is to be quick to
forgive. Forgiving doesn't mean that what they did was
okay—and it DOESN'T mean that it's okay to let someone
KEEP hurting you. It just means that you're choosing to
let go of what happened instead of carrying it with you.
Remember that God is always there to help us forgive."



Talk About the Bible Story

How does it feel when a friend hurts
our feelings?

Why is it important to forgive our
friends?

Does forgiving someone mean that
what they did was okay?

Can you think of a time when
someone has forgiven you?

Is there anyone you need to forgive
right now?

*Take time to read Colossians 3:13
together from the Bible.*



Prayer

Use this prayer as a guide, either
after talking about the Bible story or
sometime before bed tonight:

"Dear God, Your love is more amazing
than we can imagine! Thank You SO
much for sending Your Son, Jesus, to
be our Savior. Thank You for making
a way for us to be forgiven. Help us
remember that You forgave us so
we can be quick to forgive others. In
Jesus' name we pray. Amen."

Harmony: Together is better



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Key Question

Why is forgiveness important?

Activity

Bursting with Unforgiveness

What You Need:

Balloon

What You Do:

Invite your child to do an activity with you.

Say, "This activity will help us understand what happens when we don't forgive others. I want you to think about your friends. I'll give you time to list some things your friends have done that have annoyed you or hurt your feelings. Every time you name something, I'll blow some air into this balloon. Ready?"

Allow your child to name different times their friends have annoyed or hurt them. With each new situation they mention, blow into the balloon. If the balloon isn't very big by the time they finish, share a few times a friend has hurt or annoyed you, and continue to blow into the balloon until it looks like it's ready to burst.

When you're finished, say, "When we don't forgive, our hearts start to feel like this balloon—like they're so full of anger that they could just burst! Do you want to see what it looks like when we forgive?"

Little by little, let the air out of the balloon until it's deflated.

"When we forgive others, it's not just good for THEIR hearts, but it's good for OUR hearts too. Remember, friends forgive one another."

(Be sure to also take a moment to explain that there are times when if someone continuously does things that hurt us, we also have to protect ourselves. Forgiveness does not always mean we maintain a relationship with the person who has repeatedly wronged us. When this happens, we can still choose to forgive, while also creating healthy boundaries that keep us safe.)

Talk About the Bible Story

Have you ever had to forgive someone?

Why is it sometimes difficult to forgive?

Why is forgiveness important?

How has God forgiven us?

Is there anyone you need to forgive right now?

Parent: Tell your child about a time you forgave a friend, even if it was hard. The friend may have said or done something that hurt your feelings, broken a promise, or lied to you. Tell how God gave you peace after you chose to forgive. And if appropriate, tell how God used your forgiveness to repair the friendship.



Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, thank You for being there for us always. We can talk to You about anything, and You are there to help us. You are our very best Friend! Thank You for forgiving us, always. Help us to be quick to forgive our friends, just as You are quick to forgive us. We love You. Amen."