



TODAY'S TOPIC:

Forgiveness

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

Think of a time someone made you mad.

Lesson

Forgiveness

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> • Washable pens or markers • Bowl of soapy water • Laminated paper of any kind 	<ul style="list-style-type: none"> • 	Forgiveness is a gift and helps ME as much as it helps others.

•**DEMONSTRATION:** Take the laminated paper and the washable marker. As people share times people made them mad, draw black squiggles on the laminated paper. Feel free to make it messy and big.

•**ASK:** Have everyone think of someone who made them mad. Have the kids share some examples or suggest some of these: your brother takes one of your toys without asking, your sister does not do the chores that she was asked to do and you do yours, your parents get angry at you for something that you did not do, your friend shares a secret you told them.

•**ACTION:** Have everyone make a mad face. Ask how their body feels when they are mad at someone. (Hot? Painful? Short of breath? Heart beats fast?)

•**SAY:** There is a trick that can make you feel better when you're mad at someone. Do you want to know what it is? It's very easy. You just have to say these words out loud: "I forgive you", and then you feel better.

•**SAY TOGETHER:** I forgive you.

•**SAY:** Why is it important to forgive? Because we all make mistakes, it makes you feel better.

•**ASK:** Does anyone ever want to get even with the person who made them mad? Will that make you feel better? Does it take up your time and energy being mad? When we forgive, we

forgive the person, not the action. The action may have consequences. For example, we forgive our friend for telling our secret, but we may choose not to tell them our secrets anymore.

- DEMONSTRATION:** Get out the bowl of soapy water and the laminated heart. Remind the kids the marks are all the people and things that made us mad. Have everyone say together, “I forgive you” as you clean off the heart in the soapy water.

- ASK:** Did saying “I forgive you” make the person feel better (aka clean up their heart?) OR is this YOUR heart, and saying “I forgive you” make YOUR heart feel better?

- SAY:** Sometimes, we make mistakes or do things that make us mad at ourselves. Remember everyone makes mistakes! Learn and go on. Forgiving yourself is practice for forgiving others.

- ASK:** Who is the person who will always forgive us and can help us forgive others? God! You can always ask God to help you forgive yourself or other people.

AFFIRMATION –I forgive myself and others. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .