

# FORGIVENESS

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

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

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**

**THE**

**FIRST**

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