

Forgiveness is deciding that someone who has wronged you doesn't have to pay.

Read: Ephesians 4:32

DAY

1

How to Forgive

When you forgive someone you, are showing them how much they mean to you. Act out some actions or feelings that you can use when you start to forgive someone. Here are some to start with: love, happiness, joy, kindness, and generosity.

KNOW that it feels good to forgive others.

DAY

2

Changes

Think of an animal or insect that can change. For example, a caterpillar changes into a butterfly, a crab changes its shell, and even a chameleon changes its color. Every animal or insect that makes a change does it to make itself better. When you forgive others, it can change them and you! Draw a before and after photo of what you might look like before and after you forgive someone!

LOOK for times that you need to forgive others!

DAY

3

Don't Forget!

Write out this week's verse or have an adult help using a whiteboard or a pencil (something you can erase). Read it aloud a few times and then start erasing words or phrases. Repeat the verse using your memory to complete the verse! Don't feel like you have to do it all today! Practice throughout the whole week!

ASK God to help you be kind, tender and forgiving!

DAY

4

Change Others for Good

"Dear God, I pray that I can follow Your lead and forgive others. I know that by forgiving others I can change them for the good. I pray that they can see You in me when I forgive, especially when it's hard. Please help me to forgive always. Amen"

ASK God to lead you to forgive others quickly.

When you forgive others,
it can change them.

