

# FRIENDSHIP

USING YOUR WORDS AND ACTIONS

TO SHOW OTHERS YOU CARE.

WEEK **3**  
K-1<sup>st</sup>

**BOTTOM LINE:** Friends forgive one another.

Read Colossians 3:13

DAY **1**

## Forgive and Forget

Get a piece of paper. Place it somewhere you can easily get to. Keep a pencil nearby as well. This week, each time someone does something to you that you think is wrong, make a mark on the paper. At the end of the week, look at the paper with the marks on it. Now rip up the paper. Forgive everyone you made a mark for, just like Jesus forgave you.

**THINK** about all God has done for you.

DAY **2**

## Talk About It

With a parent, read **Colossians 3:13**. Is it easy to forgive someone? Not all the time. This verse talks about forgiving someone when they have hurt you *because God forgave you*. Talk to your parent about an example of when you forgave someone. Ask your parent, when was the last time they had to forgive someone. Together, talk about what it's like to give forgiveness.

**THANK** God for giving you the forgiveness you need.

DAY **3**

## Heavy Weight

Go on a walk with a strong bag. Every so often, pick up a rock and put it in the bag. Put rocks in the bag until the bag feels heavy. This is what happens when we do not forgive. It weighs on us, not the person we don't forgive. Now, dump the rocks out of the bag. Enjoy how it feels to be free.

**KNOW** that forgiveness frees us.

DAY **4**

## Give It Time

With the help of a grownup, look up how long it takes for a broken leg or arm to heal. Hurts do not heal right away. When a friend hurts us, even if we forgive them, we do not always feel better right away. Give yourself time to feel better.

**ASK** God to help you heal after being hurt.

