

BIBLE STORY

Step by Step

Jesus Teaches on
Forgiveness
Matthew 5:1-2, 23-24

MEMORY VERSE

**Put up with one another.
Forgive one another if you
are holding something
against someone. Forgive,
just as the Lord forgave
you.**

Colossians 3:13 (NIRV)

LIFE APP

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

BOTTOM LINE

Take the first step to forgive
others.

BASIC TRUTH

I should treat others the way I
want to be treated.

Activity : Freeze Dance

[Live for God | Application Activity]

What You Need: Music

What You Do:

- Play some upbeat music and encourage kids to dance however they want to.
- After about 15 seconds, stop the music and tell kids to freeze!
- Once the kids are frozen, call out one way that we can take a step toward forgiving others or showing others that we have forgiven them.
- Challenge kids to quickly perform that action before the music starts back up.
- After a few rounds, feel free to let your kids create some action steps of their own!

Example Action Steps:

- High five your neighbor.
- Smile to the person on your right.
- Wave to the person across from you.
- Say hello to the person to your left.
- Give the person behind you a compliment.

What You Say:

“That was a great game of freeze dance! Jesus wants us to **[Bottom Line]** take the first step to forgive others. All of the actions we just did when we froze are great ways to take a small step toward fixing a relationship. When somebody does something wrong to us, or when we do something wrong to someone else, it hurts our relationship with that person. What does it feel like when you don't have a good relationship with your mom or dad? *(Let a few kids respond.)* What about when you don't have a good relationship with a friend? *(Let another few kids respond.)* Right! It doesn't feel good when a relationship is broken. That's why, even if you weren't the one who did something wrong, it's always a good idea to try to do SOMETHING to help fix the relationship.”

BIBLE STORY

Step by Step

Jesus Teaches on
Forgiveness
Matthew 5:1-2, 23-24

MEMORY VERSE

**Put up with one another.
Forgive one another if you
are holding something
against someone. Forgive,
just as the Lord forgave
you.**

Colossians 3:13 (NIRV)

LIFE APP

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

BOTTOM LINE

Take the first step to forgive others.

BASIC TRUTH

I should treat others the way I want to be treated.

Gospel Moment

“Why is it better to forgive than to stay mad or try to prove that we’re right? (*Pause for responses.*) When we take steps toward forgiveness, we have a better chance of fixing what’s broken. In fact, it’s so important that Jesus says we should try to fix the relationship even before we worship Him. When you’re tempted to stay mad, ask God to help you choose to forgive instead. He will always help us **[Bottom Line] take the first step to forgive others.**”

“You know, before Jesus came, people had to make sacrifices in order to come close to God. But God wanted people to be close to Him all the time! So God solved that problem for us. Jesus gave His life as the ultimate sacrifice. He made it so we could be close to God all the time. Jesus made things right with God FOR us. He made things right between us and God.”

“Jesus gave us the perfect example of forgiveness. And He said we should forgive first. We should make things right with others before we go to God.”

Discussion Questions

- 1) When is it hard to forgive someone? What can keep us from forgiving someone?
- 2) What are things people do when they hold a grudge?
- 3) What have you learned that can help you to take the first step to forgive? How can knowing we are all created in God’s image help you to forgive others?

Prayer

“God, thank You for loving us and for always choosing to forgive us, even when we don’t deserve it. When we’re tempted to stay mad or refuse to forgive, help us to make the wise choice and choose to fix the relationship instead of just being right or making a point. We want to be a good friend and to love others the way You love us. So this week, help us to **[Bottom Line] take the first step to forgive others.** In Jesus’ name we pray, amen.”