

Come, Follow Me

NEW TESTAMENT 2019

I CAN FORGIVE

Materials: Red construction paper, washable black marker, packing tape, bowl full of soapy water.

Preparation: Cut out a heart from the red construction paper (about the size of the bowl of soapy water), cover the front and back of the heart with packing tape to seal around the paper (like a laminating pouch).

Instructions: Tell the children that you are going to be reading about one of the last moments of Christ's mortal life and how important forgiveness was to him. Invite someone to read Luke 23:33-34. Talk about how hard it is sometimes to forgive people when they have wronged us, but how it is important.

Take out the heart and the marker. Have each person come and make a mark on the heart, reading one word on this list for each mark:

- Pain
- Anger
- Sadness
- Resentment
- Hatred

Explain that these are all emotions that we can hold on to when we choose not to forgive someone. Mark up the heart even more, telling the children that when we don't forgive, those feelings can fester and grow. Instead of hurting the other person, it actually can hurt us.

Show the bowl of soapy water. Explain that Christlike forgiveness is like the bowl of water. Dip the heart into the bowl and watch the marks wash away. Tell the children that, through the atonement, we can find the enabling power to forgive others and heal our own hearts at the same time. Our hearts will be able to feel joy and love again.

Activity found on: www.mothersniche.com