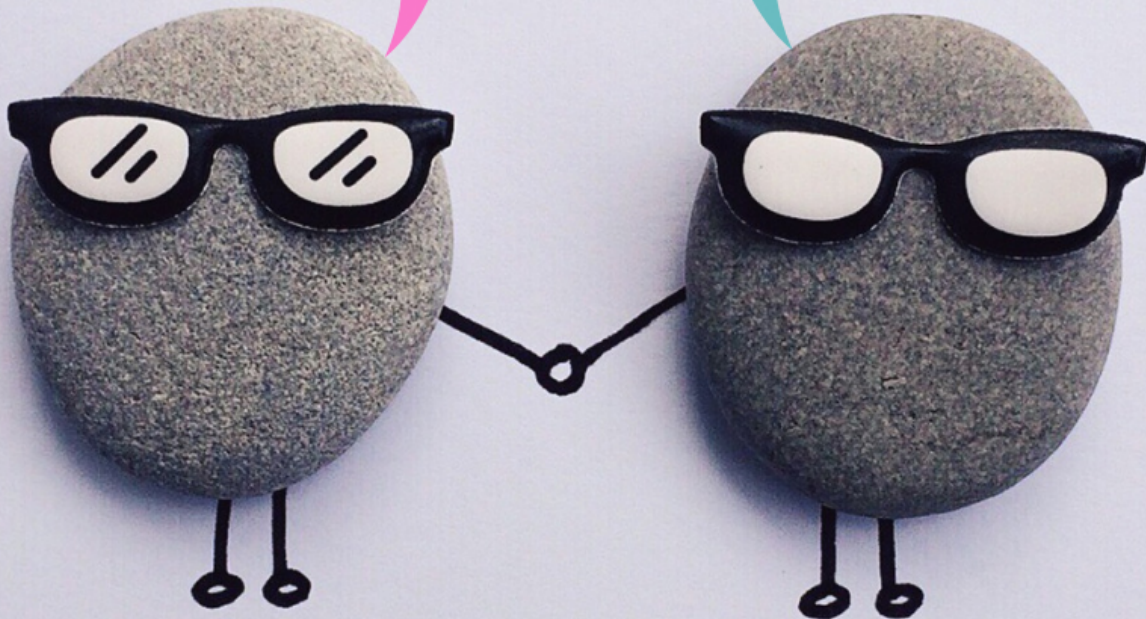


I'm sorry. Do you forgive me? 🧑

Yes, I forgive you. 🙌



Friends with Everyone ...

## Tween Small Group

Week 10: The Forgiveness Factory

## **ACTIVITY: Band-aid tattoos**

### **Supplies: Band-aids, Sharpies**

#### **Follow Directions Below.**

Take a moment to think about a time or two you've been hurt by a friend's words or actions. Without naming names, I want you to think of a small symbol or picture to draw that represents what happened, or the pain you felt. When you are done drawing your symbol(s) stick the band-aids on your arm. Now look around. Everyone has hurts they have experienced. If we carried every single hurt around with us, we would run out of skin to cover. Forgiveness heals our hurts and frees up space to see and remember the good in ourselves and others.

## **Forgiveness is Mandatory.**

***"Put up with one another. Forgive. Pardon any offenses against one another, as the Lord has pardoned you, because you should act in kind." Colossians 3:13 VOICE***

Forgiveness isn't an option. God commands it. Jesus taught and demonstrated it. It's for our own good. God promises to protect and defend us, so we don't need to worry about holding other people accountable for the wrong they have done to us. God is fair, and only He is qualified to judge other people's mistakes and motives. Before we even receive an apology, we can forgive. It takes practice, it's not easy, and it will never be our automatic reaction. But, with practice, we can train ourselves to be awesome at forgiveness.

**TRAIN YOUR BRAIN: "Consider the power of your presence in another person's life."**

## **We are always forgiven.**

***"I will be merciful when they fail, and I will erase their sins and wicked acts out of My memory as though they had never existed." Hebrews 8:12 VOICE***

Jesus died so that our sins would be forgiven. Every time we make a mistake, we can confess it to Him and know we are forgiven. Keep that conversation going. Talk to God about the mistakes you make, and ask Him for help. When it is hard to forgive people for the hurt they have caused us, ask Him to help with that, too! It's not always easy to forgive. The feeling of freedom we experience when we forgive, or when someone forgives us, is called mercy. Mercy is part of who God is, and why He choose to forgive us ...even before we make mistakes. We can surely forgive others, because He has been so merciful and forgiving to us.

**TRAIN YOUR BRAIN: "Keep the conversation going."**

## **Self-forgiving...**

***"Who could possibly know all that he has done wrong? Forgive my hidden and unknown faults." Psalm 19:12 VOICE***

Forgiving ourselves is just as important as forgiving others. We can't expect to avoid making mistakes. We, too, will say things we don't mean, hurt peoples' feelings, and make the wrong choices. On top of that, there are things hidden in our hearts that cause us to sin ...that we don't even know about. Being a human is a little ridiculous! We mess up ALL THE TIME. Pastors, leaders, presidents, straight-A students, parents, besties, teachers ...ALL OF THE PEOPLE make mistakes ...EVERYDAY. Not just sometimes ....EVERYDAY. Forgiveness is important! We all need a lot of it, all of the time. Remembering this helps us to understand God's grace to forgive and love us, and it helps us to forgive others. Not everyone in life is trustworthy, and just because we forgive them doesn't mean we have to keep hanging around them.

In fact, we probably shouldn't, and those are healthy boundaries. But, because God says, "You are always forgiven, and never loved less," we can always forgive, too.

***TRAIN YOUR BRAIN: "You are always forgiven, and never loved less."***