

## FOLLOW UP ACTIVITY

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### THE FORGIVE EXERCISE!

**Objectives to be Understood:** Heavenly Father and Jesus commanded us to forgive everyone.

**Instructions:**

1. Parent/Teacher asks for one child to tell how s/he would handle a situation that will be read. (The child waits as the group sings The Forgive Song)
2. The group sings The Forgive Song (Part 1) to the child. (Parent/Teacher to help all children learn the words to the Forgive Song)  
**After Part 1 of the song is sung, the parent/teacher reads a situation aloud.**
3. Child tells how s/he would handle the situation. Encourage the group to give their responses also.

**If the child chooses TO FORGIVE:**

- the parent/teacher leads the class as they all clap for the child's good choice.
- the parent/teacher leads the class (to learn) to sing The Forgive Song (Part 2) inserting the child's name into the song.

**If the child chooses NOT to FORGIVE:**

- the teacher should gently remind the child of how Jesus told us to forgive others when they sin against us and to pray for the people who spitefully use us; and we can ask heavenly Father to help us to forgive.
4. Repeat instructions, using a different child and a different situation card.

### The Forgive Song (Part 1)

*(To the tune of: This is my story, this is my song; praising my Savior all the day long; OR make up your own tune!)*

♪ **This is what happened. What will you do? Will you forgive them, like Jesus told you?** ♪

♪ **This is what happened. What will you do? Will you forgive them, like Jesus told you?** ♪

## The Forgive Song (Part 2)

*(To the tune of: This is my story, this is my song; praising my Savior all the day long; OR make up your own tune!)*

♪ \_\_\_ forgave them, s/he showed love today. \_\_\_ forgave them, s/he did it God's way. ♪

♪ \_\_\_ forgave them, s/he showed love today. \_\_\_ forgave them, s/he did it God's way. ♪

### IMPORTANT NOTE TO PARENT/TEACHER REGARDING SITUATION CARDS

Some Guidance has been given in each of the five situations to assist in the facilitation of a discussion with the child and the group about the many varying aspects of each situation. It is always best however to follow the guidance of Holy Spirit.

**Situation Card 1**

*(Sing with group the Forgive Song Part 1)*

*(To the tune of: This is my story, this is my song; praising my Savior all the daylong; OR make up your own tune!)*

♪ This is what happened. What will you do? Will you forgive them, like Jesus told you? ♪

*(Parent/Teacher reads)*

**A person that you wanted to be friends with said some bad things about you. Your feelings are hurt.  
What is the first thing that you would do?** *(Parent/Teacher to listen carefully to answer)*

**Parent/Teacher Guidance:**

**Ask:** Would you say anything to the person? *(wait for volunteer to respond)*

**Ask:** Why? (or) Why not? *(listen to response)*

**Ask:** Would you still want to be friends with the person? *(listen to volunteer's response)*

**Ask:** Why? (or) Why not?

**Say:** You have a choice to make here. You can treat this person mean and keep feeling bad about what they said about you. Or, you can do what Jesus did, before he went to the cross to give his life in exchange for our sins. The people mocked Jesus and made fun of our Savior by plating a crown of thorns that they put on his head. The thorns cut into His face and head, but he did not say anything. He was not offended because he knew that they did not know any better. He knew that they did not know the love of his Father, and therefore said in prayer, Father forgive them; for they know not what they do. Remember God's way is love.

**Ask:** What did Jesus say to do? *(listen to child's response)*

**Ask:** Will you forgive the person who hurt your feelings and pray for them like Jesus did? *(listen to child's response)*

*(If volunteer chose to forgive, sing the Forgive Song Part 2, inserting the volunteer's name in the blank.) (To the tune of: This is my story, this is my song; praising my Savior all the day long.)*

♪ \_\_\_ forgave them, s/he showed love today. \_\_\_ forgave them, s/he did it God's way. ♪

♪ \_\_\_ forgave them, s/he showed love today. \_\_\_ forgave them, s/he did it God's way. ♪

*(If child chooses not to forgive, gently remind the child of what Jesus said.)* Jesus told us to forgive others when they sin against you and to pray for them who despitefully use you. (Matthew 5:44) Thank you \_\_\_\_\_ for volunteering. *(volunteer's name)*

## Situation Card 2

*(Sing with group the Forgive Song Part 1)*

♪ This is what happened. What will you do? Will you forgive them, like Jesus told you? ♪

*(Parent/Teacher reads)* **You were walking home and a mean girl spit on you and said you think you are better than me. What is the first thing that you would do?** *(Parent/Teacher to listen carefully to answer)*

### Parent/Teacher Guidance:

**Ask:** Why? *(listen to response)*

**Say:** I know you would probably be angry that she spit on you, or think that you had to do something to get even. But remember who you are. You are a child of heavenly Father, the Most-High God. And God loves her too; and you now have an opportunity to show her the love of God. *(Parent/Teacher to listen to response)*

**Ask:** How could you respond to the girl in love like Jesus taught? *(wait for volunteer and/or group to respond)*

**Say:** You could pray quickly inside your heart and ask Holy Spirit to guide you in what you say and do next. For it is obvious that the girl does not know about God's way of doing things. Otherwise she would not have spit on you.

**Ask:** Can you think of anything you could say to her in love, God's way? *(listen to child's response)* *(ask group)*

**Ask:** What did Jesus say to do? *(listen to volunteer's response)*

**Say:** More than one person spit on Jesus, and they hit him with the palms of their hand when he was going to the cross to give his life so that we all could know our heavenly Father, and he forgave them. (Mark 14:65)

**Ask:** Will you forgive the person who spit on you and pray for her like Jesus did? *(listen to volunteer and group's response)*

*(If volunteer chose to forgive, sing the Forgive Song Part 2, inserting the volunteer's name in the blank.)*

♪ \_\_\_ forgave them, s/he showed love today. \_\_\_ forgave them, s/he did it God's way. ♪

♪ \_\_\_ forgave them, s/he showed love today. \_\_\_ forgave them, s/he did it God's way. ♪

*(If child chooses not to forgive, gently remind the child of what Jesus said.)* Jesus told us to forgive others when they sin against you and to pray for them who spitefully use you. *(Matthew 5:44)* Thank you \_\_\_\_\_ for volunteering.  
(volunteer's name)

**Situation Card 3**

*(Sing with group the Forgive Song Part 1)*

♪ This is what happened. What will you do? Will you forgive them, like Jesus told you? ♪

(Parent/Teacher reads) **A boy that you thought was a friend stuck out his foot and tripped you. You fell down and hurt your knee. It was bleeding. What would you say or do?** *(Parent/Teacher to listen carefully to answer)*

**Parent/Teacher Guidance:**

**Ask:** Why? *(listen to response)*

**Ask:** Would you still want to be friends with him? *(listen to response)*

**Ask:** Why? or Why not? *(listen to response)*

**Ask:** What did Jesus say to do? *(listen to response)*

**Ask:** Would you forgive the person who hurt you and pray for him like Jesus said? *(listen to response)*

**Say:** Sometimes forgiving someone is not the first thing we think of when someone hurts us. The way most people would try to handle this situation is to be mean right back or to get revenge. But Jesus said that the blood that he shed (on the cross) was to give you a new covenant promise from heavenly Father; that by the blood of Jesus, your heavenly Father would forgive your sins and remember them no more. (Matthew 26:28; Hebrew 8:10-13) Your heavenly Father doesn't want anyone to hurt you and has said, "Vengeance is mine!" Your heavenly Father will repay them for the evil done to you. (Romans 12:19) God said to overcome evil with good. (Romans 12:20-21)

**Ask:** To handle this situation the way God said, can you (or anyone) think of what you could say to the boy? *(listen to responses)*

**Say:** You could pray quickly and silently and ask for just the right words. Then speak and trust Jesus. When you trust God, what you say and what you do will be right. Remember you are a child of God and your heavenly Father wants you to show others how to live in love.

**Ask:** Do you think you can do that? *(listen to response)* *(If children say YES, tell them good job for that is what heavenly Father and Jesus commanded.)* (If children say NO, let them know that sometimes we have to pray and trust Holy Spirit and Jesus to help us when we know we cannot do it ourselves; because Jesus and heavenly Father had given you the power of Holy Spirit to overcome all tough situations. With the help of Holy Spirit, you can do it!) (Acts 1:8)

*(If volunteer chose to forgive, sing the Forgive Song Part 2, inserting the volunteer's name in the blank.)*

♪ \_\_\_ forgave them, s/he showed love today. \_\_\_ forgave them, s/he did it God's way. ♪

♪ \_\_\_ forgave them, s/he showed love today. \_\_\_ forgave them, s/he did it God's way. ♪

*(If child chooses not to forgive, gently remind the child of what Jesus said.)* Jesus told us to forgive others when they sin against you and to pray for them who despitefully use you. *(Matthew 5:44)* Thank you \_\_\_\_\_ for volunteering. *(volunteer's name)*

## Situation Card 4

*(Sing with group the Forgive Song Part 1)*

♪ This is what happened. What will you do? Will you forgive them, like Jesus told you? ♪

(Parent/Teacher reads) **A tall boy whispered to you that he was going to beat you up. What is the first thing that you would say or do?** *(Parent/Teacher to listen carefully and respond)*

### Parent/Teacher Guidance:

**Ask:** (the group) Has anything like this ever happened to you? *(listen to answers)*

**Ask:** (dependent on response) What did you do? *(listen to responses)*

**Ask:** (volunteer and group) Were you or would you be afraid? *(listen to responses)*

**Ask:** Does anyone know what the Word of God says about fear, or being afraid of anything? *(listen to responses)*

**Say:** The Word of God says that God has not given us a spirit of fear, but of power, and of love and of a sound mind. (II Timothy 1:7)

**Ask:** What do you think that means? *(listen to responses)*

**Say:** God does not lie. (Titus 1:2) So when His Word says that He has not given us a spirit of fear, you say what God says about you. So tell yourself, no matter what the situation is, that you are NOT afraid. Can you do that? *(listen to responses)*

**Say:** Let's say it together. Say, I am not afraid! (Say with children, I am not afraid!) That's right God has not given you a spirit of fear, but of power, love and a sound mind. *(repeat the verse together)* God has not given me the spirit of fear, but of power, love and a sound mind. (2 Tim. 1:7)

**Say:** The next thing God's Word said in that scripture was that God has given us a spirit of power, love and a sound mind. The power we have from God is Holy Spirit who helps us to do all things like Jesus. (Acts 1:8) So when we do things like Jesus, how do we do things? *(listen to responses)*

**Say:** We do things God's way, in love! (I John 4:16) There is no fear in love, because when you show love, fear is tossed out the door. (I John 4:18) Also God said we have a sound mind. A sound mind is a mind at peace because you know you are doing things like Jesus.

**Say:** So let's get back to the situation. This bully has said that he was going to beat you up. What did Jesus say to do? *(listen to child's response)*

**Say:** Jesus told us to pray for those who despitefully use you—those who do you wrong. You can show this person love by praying for him and obeying God.

## Situation Card 4 continued

**Say:** (to volunteer) You heard what Jesus said. Do you believe that God can change this person's heart? *(listen to response)*

**Say:** God can change anyone's heart but someone must ask. Will you do it? Will you forgive him for being mean and pray that God changes his heart? *(listen to child's and group's response, and commend children for choosing God's way, or remind of what Jesus said.)*

*(If volunteer chose to forgive, sing the Forgive Song Part 2, inserting the volunteer's name in the blank.)*

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♪ \_\_\_ forgave them, s/he showed love today. \_\_\_ forgave them, s/he did it God's way. ♪

*(If child chooses not to forgive, gently remind the child of what Jesus said.)*

Jesus told us to forgive others when they sin against you and to pray for them who spitefully use you. (Matthew 5:44) Thank you \_\_\_\_\_ for volunteering.

## Situation Card 5

*(Sing with group the Forgive Song Part 1)*

♪ This is what happened. What will you do? Will you forgive them, like Jesus told you? ♪

(Parent/Teacher reads) **As you walked towards a group of people talking, you smiled and said hello. One person cursed and called you this awful name. They all laughed. What would you say or do?**

*(Parent/Teacher to listen carefully to response)*

### Parent/Teacher Guidance:

**Ask:** (the group) Has this or something like this ever happened to any of you? *(listen to responses)* (if so, ask) What did you do?

**Say:** It is not easy to have someone curse or laugh at you. Is it? *(listen to responses)* In this case your feelings might be hurt because of what the person said and how the group acted.

**Ask:** If I call you a rat, does that make you a rat? *(listen to responses)*

**Say:** No, you are still (call each child by name). The Word of God said that you are wondrously made. God chose to make you look like you look. You are His beloved. Created in His image! God loves you, and has blessed you because of what Jesus did for you on the cross. People who say cursing words and mock others do not yet know your heavenly Father's heart of love. Remember, Jesus showed us how to love others, even when others act ignorant; for when Jesus was going to the cross people mocked Jesus, but he blessed them all by dying for the sins of everyone, even the people who don't know about his love yet. Jesus blessed those who cursed and hated him and prayed for them that despitefully used him, and persecuted him. Therefore, although your feelings may be hurt, we have to put our feelings aside and remember what Jesus did and commanded us to do.

**Ask:** (the volunteer and group) You have a choice to make. What are some things that you could say or do that would show God's love? *(listen to responses and guide the discussion, commending and reminding the children of how heavenly Father and Jesus commanded us to respond)*

*(If volunteer chose to forgive, sing the Forgive Song Part 2, inserting the volunteer's name in the blank.)*

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