



Family series - 3 June 2018

BIG Point: I love my family no matter what

God's Words: Teachings about holy living (Col 3:12-21)

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)

Life Question: What are some things I need to forgive my family members about?

Kids spot

Intro

Welcome children and start by asking children if they remember what they learnt on Sunday. Quick recap by reading the Memory Verse together.

Activity & Discussion

Materials needed:

1. *2 different coloured Balloons at least (a few in case some don't get blown up)*
2. *Balloon pump (optional)*

Introduction: What Is Forgiveness?

Forgiveness means letting go of hard feelings like anger, sadness, or frustration that happen when you or someone else makes a mistake. It's saying "Thank you" or "That's okay" when someone apologizes and not staying upset about what they did. It's having patience with yourself and others, and recognizing that no one is perfect—everyone makes mistakes. It's letting go of hurt feelings, and moving ahead, ready to do things.

It doesn't mean that all of a sudden what someone did doesn't hurt or isn't wrong. It means that you find it in your heart to give the person another chance.

Balloon Analogy: Why Forgiveness Is Important

What are some of the feelings that you have when someone hurts you or breaks something of yours? (Invite answers from kids: angry, sad, frustrated, helpless, etc.) Part of forgiving someone is recognizing those feelings, letting them happen, and then letting them pass so that you can move on. One way to help your feelings move on is to let them out—in a healthy way.

- What happens if you hold all of those feelings inside and stay sad or angry, or if you tuck those feelings away somewhere inside your heart? (Blow some air into both balloons.) This air is like anger or sadness that comes into us.

As each child shares how they feel when someone hurts them or breaks their items, you may get them to pump some air into the balloon (1 pump each), signifying that as they bottle up their feelings inside of them, resentment builds up.

- But if we keep it inside, and keep adding to it each time we get upset and hold it in (blow into balloon several more times) then what happens? What will happen to the balloon do if we keep blowing into it?
- And watch what happens when I let it go. (Allow 1 Balloon to deflate and fly all over room - if the balloon hasn't burst by then. Keep other balloon inflated.)
- It's pretty out of control. If you hold all your anger inside for a long time, it might all come out at once sometime, and you could have a much bigger reaction than the situation calls for.

Ask children how can they let out their bad feelings in a healthy/good way?

Forgiveness, talking to someone they trust, talking to Jesus. As each child shares a way to let out their bad feelings in a healthy/good way, let some air out of the 2nd balloon slowly until all air is let out and the balloon is back to original size.

<https://www.brilliantstarmagazine.org/parents-teachers/teaching-tools-techniques/lesson-plans-and-activities/forgiveness-a-virtue-building-lesson-plan>

Craft Activity

Paper heart chain

https://www.youtube.com/watch?v=CcmX4Dvt_7E

(see 1:55 onwards)

Materials needed per child:

1.5-2 cm approx width red construction paper strips, length approx 20cm min. X 4pcs (approx)

Scissors

Crayons / Markers / Colour pencils (Dark coloured)

Stapler/stapler bullets

Instructions:

1. If child is able to use scissors, they can help to cut the paper strips
2. Write the memory verse on the paper strips.
3. Fold the paper strip into half, turn both ends inwards and staple the ends together.
4. Loop another paper strip into the heart and do similar.
5. One heart represents one person they want to forgive in their family.

Extended activity: children can bring it home and share this with their family. Each time they forgive each other, they can extend the paper heart chain and hang it somewhere visible in their home, to remind them of Col 3:13.

