

April Activities

Forgiveness



Activity #1 – Heavy Load

What You'll Need: Heavy objects like rocks or books, a backpack, masking tape, marker

Learn

When two or more people have an argument, there are lots of feelings and facts to consider. The following activity may be based on true events and people but the names should be changed to protect their dignity. We are going to make up a story about two people. Write each name on a piece of tape and put them aside.

Set the scene for misunderstanding and drama! Now let's say the two characters got into a disagreement. Talk about the WHAT and WHY of what happened and the associated feelings. As you all make up this story, write the feelings and actions on pieces of tape. Place one piece of tape on each heavy object. STOP before you get to the "happy ending."

Pull out the backpack and start talking about all the heavy feelings and actions as you load the backpack. Take the two names on the tape and put them on two people. Let everyone wear the heavy load for impact.

Then start unpacking the heavy load by talking about how to ask for forgiveness or how to offer forgiveness for each feeling or action.

Activity #2 – Role Play

What You'll Need: Pieces of paper or index cards

Prepare

Roleplaying activities are often helpful to demonstrate emotions. Write down scenarios when someone should ask for forgiveness.

Learn

Have each family member take turns drawing a card, read it out loud, and have them practice asking for forgiveness. Then have another volunteer offer forgiveness.

Activity #3 – Change the Ending

What You'll Need: Paper, craft supplies such as paint, crayons, etc.

Learn

After a brief discussion about forgiveness and why someone would ask for forgiveness, have each person draw or paint the emotion of anger or hurt. Each person should describe what is happening in the picture. Then have them draw or paint the feeling of forgiving someone. Spend your time focusing on how everyone in the pictures feels when forgiveness is offered. Note how when forgiveness is a part of the ending, everyone's emotions improve.

Activity #4 – Forgiveness Wall

What You'll Need: Pen, sticky notes, Bible verses (Romans 8:1, Ephesians 1:7, 1 John 1:9)

Prepare

Write out types of sin on sticky notes (picking on others, lying to parents, stealing, etc.)

Write out the verses on sticky notes. Be sure to include the reference. You may need to write duplicates depending on how many sticky notes of sins your family comes up with.

Learn

Start by telling everyone that this is a time to grow and learn about forgiveness. Ask about times when someone did something wrong. Write them on sticky notes and place them on the wall. Now read the various Bible verses and discuss which verses should be best placed over the sins. Once all the sins are covered with the Scripture verses, explain how God's forgiveness covers ALL sins. His forgiveness covers it ALL.