

# CHAMPS



CHILDREN'S MINISTRY

9/12- 9/13

## LETTING IT GO

### PURPOSE

Learning to let go of grudges and show grace

### LEARNING ACTIVITIES:

Invite a child to give the opening prayer.

### LESSON:

Material: Pillow

In the story we have been talking about these last two weeks we learned the prodigal son was bad and left home and then came back. When he came back his father was happy to see him and welcomed him back. But can anyone tell me how his older brother felt?

That is right he felt angry. Sometimes in life things happen that makes us angry. And some of those things hurt so bad we find it hard to forget and forgive and that leads us to feel ugly towards our friends and family. That is called a grudge.

(Choose a child to assist you.) I want you to hold on to this pillow. Wrap your arms all the way around it and keep it right in front of you. This pillow stands for a grudge you are holding against someone. Maybe he got angry and said something that hurt your feelings. You haven't forgiven him. You still hold it against him. Holding a grudge is like carrying a large pillow around with you everywhere you go. It would be hard to eat if you had to hold onto that pillow, wouldn't it? It would be hard to climb a tree. It would be hard to brush your teeth. It would be hard to play sports or an instrument. It would be very difficult to do a lot of things. That grudge of yours is getting in the way of everything, including your being forgiven by God. God tells us to forgive others if we want to be forgiven. Besides, wouldn't it be nice not to have to carry that huge, bothersome load around all of the time? Maybe some of you have been holding on to grudges. You need to forgive others. As we pray right now, ask God to help you forgive that person who has done wrong things toward you and get rid of that grudge.

We all know the famous saying "Let it Go". We can always sing this when we are feeling angry. (Sing this with the kiddos)

### OUTSIDE ACTIVITY:

We are going to play duck, duck goose. While we play I want you to forgive every time you are not chosen and wait your turn. For all those that are not chosen I want you to shout out "IT IS OK, I FORGIVE YOU."

\_\_\_\_\_ 'S FORGIVING FINGERS

**1, 2,3,4,5**

**I AM WAITING 'TIL MY ANGER DIES**

**6,7,8,9,10**

**IF I AM STILL MAD I WILL COUNT AGAIN**