

# Step by Step

**Bible Story:** Step by Step (Jesus Teaches on Forgiveness) • *Matthew 5:1-2, 23-24*

**Bottom Line:** Take the first step to forgive others.

**Key Question:** What is keeping you from forgiving?

**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 (NIRV)*

**Life App:** Forgiveness—Deciding that someone who has wronged you doesn't have to pay

**Basic Truth:** I should treat others the way I want to be treated.

## Bible Story Extension

[Talk about God | Bible Story Review]

*Made to Move: an activity that increases the oxygen in the brain and taps into the energy in the body*

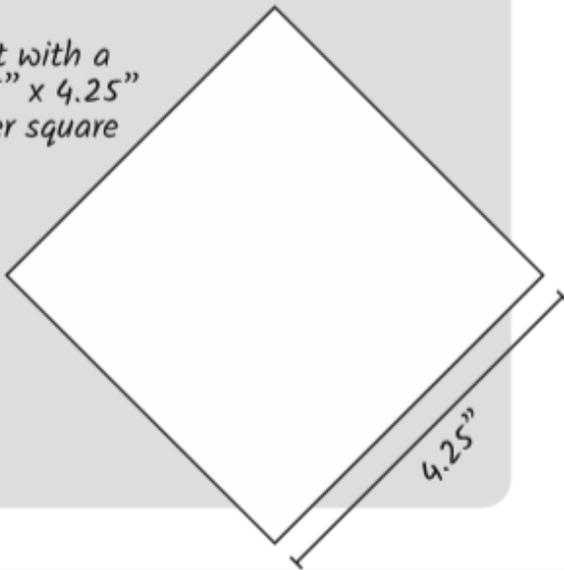
**What You Need:** Bibles, paper squares, stapler, yarn (or string/ribbon/thread), scissors, markers, "Forgiveness Face" Activity Page

## What You Do:

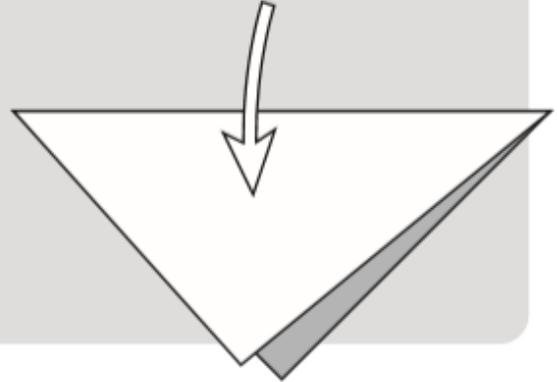
- **Give** kids a Bible.
- **Read** Matthew 5:1-2 and Matthew 5:23-24.
- **Review** the verses. Potential questions to ask:
  - Who is Jesus talking to? (*his disciples, a crowd, anyone reading His Word*)
  - What does Jesus mean when He says, "And you remember your brother or sister has something against you?"
  - What does it look like to hold something against someone?
  - What is Jesus saying about forgiveness? (*It is important, you should not wait to show forgiveness, it offers peace, it fixes the relationship*)
- **Lead** kids to make a paper "face" to race.
  - To make the "face" use the directions provided in the Activity Page, "Forgiveness Face."
  - **Instruct** kids to decorate their "faces" by drawing an emoji that best represents themselves.
  - **Tell** kids their creations will represent themselves, pretending to "race" to forgive.

**1.**

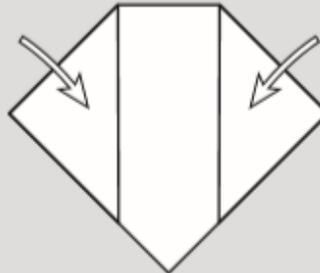
Start with a  
4.25" x 4.25"  
paper square

**2.**

Fold paper in  
half to make  
a triangle

**3.**

With the triangle's point  
facing you, fold the top two  
corners downward lining up  
the edges of the paper.

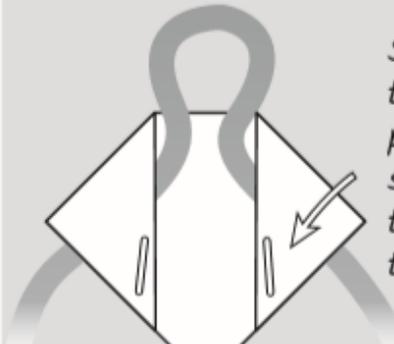


There should be a gap  
along the center of the  
paper. The gap can be  
between 1/4" to 3/4".

1/4" - 3/4"

**4.**

Line a piece of yarn (12") along the  
inside crease with the loop at the top.



Staple  
the bottom  
points, being  
sure not  
to staple  
the yarn.

**5.**

Draw a face on the opposite side.



- **Pair up.**
- **Instruct** one kid to point his index finger to the ceiling. **Instruct** the teammate put the loop of yarn around their teammate's index finger.
- **Encourage** kids to practice racing their "faces" by pulling the ends of the yarn back and forth to move their "face" to their teammate's finger. For visuals, go to: <http://bit.ly/2t3XMI3> and <http://bit.ly/2RmpW4E>
- When everyone has had a chance to get the hang of it, tell the pairs to choose one person to be the racer and one person to be the holder.
- Line the teams up and, when you say, "Go," let kids race to see which pair can get their face to the top the fastest.
- Then instruct pairs to switch roles and run the race again!

## Discussion Questions

### [Live for God | Application Activity]

*Made to Connect: an activity that invites kids to share with others and build on their understanding*

**What You Need:** No supplies needed

### What You Do:

#### Ask:

- When is it hard to forgive someone? What can keep us from forgiving someone?
- What are things people do when they hold a grudge?
- What have you learned that can help you to take the first step to forgive? How can knowing we are all created in God's image help you to forgive others?

## 5. Make it Personal with Prayer

### [Pray to God | Prayer Activity]

*Made to Explore: an activity that extends learning through following guidelines and working as a group*

**What You Need:** Uninflated balloons

#### What You Do:

- **Gather** in a circle.
- **Hold** a balloon and **ask** kids to think of something they are holding on to that they need to forgive or something they have forgiven in the past.
  - After each example kids share, **blow** the balloon a little bigger.
  - Examples could include: Someone said something mean to you. Or someone said they would do something and they didn't follow through. Or maybe you got in trouble for something your sister did.
- **Explain** God doesn't want us to hold on to anything that keeps us from forgiving someone; God wants us to let go of anything we are holding against someone. (**Let go of the balloon.**)
- **Give** kids a balloon.
- **Tell** them to blow up the balloon, and as they do, **encourage** them to silently tell God about what they maybe holding on to that they need His help to let go of.
- When their balloon is inflated, **tell** them to hold it closed while you **pray**:
  - "God, You are amazing! You sent Jesus so we could have Your forgiveness no matter what we've done. God, when we are hurt or angry it is hard for us to forgive. Often the first step we need to take is to tell You how we feel and trust You will help us to put up with each other and let go of what we are holding against someone. Help us to forgive as You forgave us; help us to take the first step. Amen."
- **Tell** the group to let go of their balloons.