

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



A series of horizontal dotted lines for journaling, starting from the right side of the graphic and extending across the page.



Day 1

After watching, write one thing that:

Watch this week's episode of The So & So Show by going to: <https://bit.ly/PreteenSundaysatHome>

Even if you already saw it at church, feel free to check it out again!

- 1. You liked:
- 2. You learned:
- 3. You'd like to know:

Day 2

Read Matthew 18:21-35

As you read Matthew 18:21-30, circle every number that is mentioned. There are a lot of numbers in this short passage, aren't there?

Continue reading Matthew 18:31-35. Notice there aren't any numbers, but there is one word that does indicate an amount. Do you know what it is?

It's in the second half of verse 32: 'I forgave all that you owed me because you begged me to.' (NirV)

Instead of keeping score, the king had forgiven all.

God doesn't keep score with us either! God forgives us of all our sin!



Day 3

Have you ever apologized to someone, but you didn't really mean it?

Or accepted someone's apology because you felt like you had to, but it wasn't something you truly felt? Sometimes it can be hard to forgive from our hearts.

Thankfully, God wants to help us with that! We can ask God to soften our hearts toward the person who we need to forgive, and to give us the strength to really forgive them. Personalize this prayer using the name of someone you know you need to forgive. If there's no one that you feel you need to forgive right now, ask God to give you a forgiving heart.

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"Dear God, thank You for sending Jesus to be my Savior so I could be forgiven. I know that I need to forgive others too, including \_\_\_\_\_ It is hard to forgive them for \_\_\_\_\_, so I need your help. Please soften my heart toward \_\_\_\_\_ and give me the strength and humility to truly forgive \_\_\_\_\_ from my heart. In Jesus' Name, I pray. Amen."

## Day 4

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### Yesterday you asked God to help you forgive others because God forgives you.

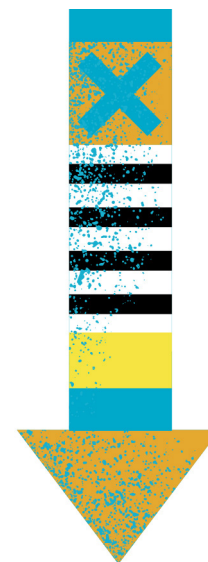
Look back at that prayer you wrote yesterday and the person you need to forgive. Can you talk to that person and tell them that you forgive them? Make a plan to talk to that person today!

Where:

When:

How: (What do you plan to say?)

If it's not possible to talk to that person for any reason, who can you talk to about the situation that will understand and help you? Reach out to a caring, trusted adult or friend. Ask them for some advice for how you can show forgiveness to this person.



## Day 5

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### What keeps you from forgiving?

Think about something someone did to you that hurt you. Something that made you mad or sad. Clench your fists as you think about how they hurt you.

When someone does something to you, you have a choice. Sure, you can clench your fists and hold tightly to the anger and hurt, but notice how uncomfortable that is. It doesn't feel like something you'd like to do forever, does it?

Your other choice is to remember how God forgave you, and how God opened up and let go of the wrong things you've done. Think about how God forgave you and slowly open your hands. Feel the release that comes from forgiving.

Write FORGIVE on the palm of your hand. Whenever you see it today, remember that you can open your hands to forgive others because God forgave you first.