

FORGIVENESS

Deciding that
someone who
has wronged
you doesn't
have to pay

Read Luke 6:37

DAY 1

If we're not careful, we can spend all our time pointing out other people's mistakes instead of taking a long hard look at our own behavior. Once you start judging and blaming, pretty soon you realize you're just as imperfect too.

But remember, the answer is forgiveness! Forgiveness is deciding someone who has wronged you doesn't have to pay. It's a choice. When you refuse to forgive, when you choose to stay angry, you miss out.

Here's your challenge this week. When you find yourself about to blame or judge someone else, stop yourself. Hold your tongue. Don't even let the words come out of your mouth. Make a decision to let it go so you don't miss out.

This will definitely require God's help! As you pray today, ask God to help you remember that you're not perfect. Tell Him that you love Him and ask God to help you forgive so you don't miss out this week.

Read Hebrews 10:30

DAY 2

What are some chores you're responsible for around your house?

What are some chores your mom or dad are responsible for?

According to this verse, whose job is it to judge? Is it yours? Nope, it's God's job. When someone says or does something unkind, you could choose to stay mad. Or you could choose to let God be the judge. It's His job anyway.

God sees and knows all. You can talk to Him and tell Him why you're mad and ask Him to help you decide to forgive. As you pray today, tell God why you're angry or sad. Talk about what happened and how you want to forgive but it's hard. Ask Him to do His job (the judging part) and help you do yours (the forgiving part) so you don't miss out.

Read Matthew 6:14

DAY 3

Riding a bike
Tying your shoes
Reading aloud
Meeting an adult
Walking into a new classroom

Do you know what all these things have in common? They're all things that at one time seemed scary or hard. But once you practiced a little, they're not so bad! The best way to get better at anything is to practice. It's the same with forgiveness. The more you make the choice to forgive, the easier it will become. And, the more you model forgiveness, the more likely the people around you are to forgive too. Don't you want to hang out with friends that choose to forgive?

Ask your mom or dad to tell you about a time when they chose to forgive someone as a kid even when it was really hard. What happened? How did practicing forgiveness in that example help them become better at forgiving the next time?

Thank God for the reminder today that forgiveness takes practice! Ask God to help you choose to forgive this week so you don't miss out.

*When you
don't forgive,
you miss out.*



Read Zechariah 7:9

DAY 4

Today's verse includes some big words that need defining!

Justice – the quality of being just, impartial, or fair

Mercy – compassion or patience shown to an offender (someone who has wronged you)

God is asking us to treat others with fairness. To show love and compassion and patience to one another, even those who hurt us. Why? Because that's exactly how God treats us! He treats us fairly. He is loving and patient and kind, always.

In the space below, rewrite today's verse in your own words. Feel free to use the words in the definitions above or to look up the verse in different translations. You could even go

BibleGateway.com (with an adult's permission) to read this verse in different translations.

Read the words you've written today as a prayer to God, asking Him to help you choose forgiveness so you don't miss out!

MARCH 2020

ELEMENTARY



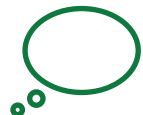
WEEK FIVE

FATHER AND OLDER BROTHER • LUKE 15:21-32



SAY THIS:

WHEN YOU DON'T FORGIVE,
YOU MISS OUT.



REMEMBER THIS:

"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, NIV



DO THIS:



It's true that forgiveness is hard.
But forgiving someone isn't just
about them, it's about you, too!
When you forgive, you can have
peace. Forgiveness sets both you
and the other person free. Are you
missing out on something right
now that you could change through
forgiveness? Pray that God would
show you any place in your life
where you're holding onto anger
and help you forgive.

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A SAFE PLACE TO LAND

By Sarah Bragg

My oldest daughter is 10, and for the past year and a half, she spends most of her free time at the farm. She has always had a great affinity for horses. When she isn't riding, she's working at the farm—cleaning stalls, catching horses in the field, or bathing them.

Normally, she's all smiles after the farm. But recently, I arrived to pick her up, and as she sat down in the car, she broke down in tears. The work had been hard. She had to oil saddles for over two hours. It had to be redone and took up all her time—which meant no time to ride. I think it was a combination of exhaustion, disappointment, and embarrassment. Unmet expectations at any age can sometimes leave us in tears.

I normally don't handle emotions well. I like to breeze right on past them with quick fixes. And often times, I'm running at full speed between work obligations and family needs. So I'm not usually in a place to sit still with their emotions. But for once, I was in a restful, ready place to meet her sadness with gentleness. Handling your child's emotions isn't easy, and it is most definitely exhausting and never convenient. But in that moment, she needed a safe place to land. No fixing. Just safety. Gentleness.

So, she sat in the seat beside me and cried. And I sat in the seat beside her and listened and offered empathy. And

then when we arrived home, I sat with her while she ate dinner late. And then instead of homework, we played a few rounds of the game, "Speed."

That night as we said goodnight, I asked her the question I've been asking each night: **"What are you thankful for? What made you happy today?"** Her usual answer involved a horse, but this time she thought about it for a minute. And then she looked at me and said, "You." It wasn't a trite answer. It wasn't a generic answer. I knew it was true. That night, I showed up. I gave her what she needed from me. I gave her a gentle place to land.

When we give our kids our presence, we are choosing to be a gentle place for them to land. Because here's what I know to be true: You can't multitask presence. You can't be thinking about your agenda while trying to comfort a child. It never works well.

You can't prevent your children from feeling disappointed, sad, embarrassed, or exhausted; but you can show up in those moments and be fully present, and safe.

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