

Harmony: Together is better



Use this guide to help your family learn about friendship.

First, watch
this week's
video!

Friendship:
Using your
words and
actions to show
others you care

Memory Verse

"A friend loves at all times. They are there to help when trouble comes."
Proverbs 17:17, NIV

Bible Story

Forgive One Another
Colossians 3:13

Key Question

Why is forgiveness important?

Activity

Bursting with Unforgiveness

What You Need:

Balloon

What You Do:

Invite your child to do an activity with you.

Say, "This activity will help us understand what happens when we don't forgive others. I want you to think about your friends. I'll give you time to list some things your friends have done that have annoyed you or hurt your feelings. Every time you name something, I'll blow some air into this balloon. Ready?"

Allow your child to name different times their friends have annoyed or hurt them. With each new situation they mention, blow into the balloon. If the balloon isn't very big by the time they finish, share a few times a friend has hurt or annoyed you, and continue to blow into the balloon until it looks like it's ready to burst.

When you're finished, say, "When we don't forgive, our hearts start to feel like this balloon—like they're so full of anger that they could just burst! Do you want to see what it looks like when we forgive?"

Little by little, let the air out of the balloon until it's deflated.

"When we forgive others, it's not just good for THEIR hearts, but it's good for OUR hearts too. Remember, friends forgive one another."

(Be sure to also take a moment to explain that there are times when if someone continuously does things that hurt us, we also have to protect ourselves. Forgiveness does not always mean we maintain a relationship with the person who has repeatedly wronged us. When this happens, we can still choose to forgive, while also creating healthy boundaries that keep us safe.)

Talk About the Bible Story

Have you ever had to forgive someone?

Why is it sometimes difficult to forgive?

Why is forgiveness important?

How has God forgiven us?

Is there anyone you need to forgive right now?

Parent: Tell your child about a time you forgave a friend, even if it was hard. The friend may have said or done something that hurt your feelings, broken a promise, or lied to you. Tell how God gave you peace after you chose to forgive. And if appropriate, tell how God used your forgiveness to repair the friendship.



Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, thank You for being there for us always. We can talk to You about anything, and You are there to help us. You are our very best Friend! Thank You for forgiving us, always. Help us to be quick to forgive our friends, just as You are quick to forgive us. We love You. Amen."