

**READ ZECHARIAH 7:9****DAY 1**

Grab a lump of play dough or clay. Think about a time when you were hurt by someone and refused to forgive. Use the play dough or clay to create something that reminds you of this situation.

Forgiveness is deciding that someone who has wronged you doesn't have to pay. Can you underline the action word (or verb) in this definition? It's 'deciding.' Forgiveness isn't an automatic thing. Sometimes is super hard to forgive when you've been wronged. But forgiveness is a decision—it's a choice.

Because the truth is when you don't forgive, when you choose to stay angry, you miss out. And God doesn't want that for you. He wants you to treat others the way you would want to be treated. He wants you to forgive so that you don't miss out on fun and friendships.

Take another look at your play dough creation. Ask God to help you forgive in this situation and move on. When you're done praying, smash your clay or play dough as a reminder to squash those feelings of anger or resentment so that you can forgive.

**THANK** God for reminding you that when you don't forgive, you miss out.

**READ MATTHEW 6:14****DAY 2**

What does "sin against you" mean? Maybe you remember last week when we talked about how everyone has sinned or messed up. Sometimes when other people mess up, it hurts us.

When that happens you have a couple of choices. You can choose to pay them back wrong for wrong. Like if someone says something mean to you, you could say something mean back. Or you could choose to forgive. But did you catch the second part of today's verse? What happens if you don't forgive someone else? God will not forgive you. That's hard to hear, but God has forgiven us and He wants us to forgive too.

Grab a balloon. Blow up the balloon and ask an adult to hold it closed, but don't tie it off. While they're holding the balloon, write down someone's name that you need to forgive. Pray and ask God to help you forgive the person that you are angry with. Once you're finished, ask them to let the balloon go.

**ASK** God to help you forgive and let it go when someone wrongs or sins against you this week.

## READ LUKE 6:37

## DAY 3

It's really hard to forgive sometimes when we feel like we've been wronged. But the best way to show someone how to forgive is to model it. If you want to have friends who are forgiving, you need to be a forgiving friend. Even when it's hard and even when you'd rather get them back or make them feel as bad as you do. Forgiveness is always the wise choice. Because when you don't forgive, you miss out.

Ask your mom or dad to tell you about a time as a kid when they were forgiven for something they'd done or a time when they were the one doing the forgiving. What did your mom or dad learn? Why would your mom or dad say that forgiveness is important?

**LOOK** for ways to forgive so that others will also forgive you.

## READ HEBREWS 10:30

## DAY 4

Look up Psalm 135:14 and write it below:

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According to this verse in Hebrews, whose job is it to judge? Yep, it's God's job, not yours. When someone hurts you and doesn't apologize, you could choose to stay angry and let your heart be filled with bitterness and anger. Or you could choose to hand that over to God and trust Him to be the judge. Because all that junk you feel really won't get you anywhere and it certainly won't help you be the kind of friend that God wants you to be.

So the next time someone hurts you, let God be the judge. Choose forgiveness so that your heart can be full of love and peace instead of anger and bitterness. Remember: when you don't choose to forgive, you can miss out.

**KNOW** that it is God's job to judge and it is our job to trust Him and forgive.

# 3

When you  
don't forgive,  
you miss out.