



LESSON
7

FAMILY DISCIPLESHIP TIME

Forgiving Heart: Letting Go of Anger When Someone Wrongs You

Objective: Students learned that forgiving others will help us become more like Jesus.

Bible Verse: Colossians 3:13 "Forgive as the Lord forgave you." (ESV)

Bible Story: Jesus Forgives the Soldiers (Luke 23:26-34)

Action Steps:

- 1. Bible Time:** As a family, read *Jesus Forgives the Soldiers*, and talk about how we can forgive others who wrong us just as Jesus forgave the soldiers who were so cruel to him.
- 2. Scripture Memory:** Practice singing or reciting the memory verse each day as a family.
- 3. Practice:** When your children do something morally wrong, have them practice apologizing and asking for forgiveness. For example, "I'm sorry for..., will you forgive me?" Next time your children get upset with someone, have them practice giving their frustration to God and telling the person they forgive them, and maybe even giving that person a hug. Give them praise for displaying a forgiving heart throughout the week. **Place stickers or checkmarks next to FORGIVING on your Character Trait Sticker Chart every time you catch your children displaying a forgiving heart.**
- 4. Model:** Demonstrate a forgiving heart by letting your children know you forgive them when they mess up and that Jesus does too. Children will pick up character traits more easily when they see a good model from parents! 😊