

WHAT DO YOU LOSE IF YOU DON'T FORGIVE?

DAY 5

What is your dream party? Who would you invite? Where would it be? What would you do? How long would it last?

Did you create a pretty epic party in your mind? Now imagine that party is happening, but the only way you can go is if you forgive someone who hurt you. That may seem like a strange deal, but it's the situation the older brother found himself in when his father chose to not only forgive, but to celebrate his younger brother when he returned after really messing up.

In real life, you may not miss out on a party if you don't forgive someone (although you might!), but you can certainly miss out on some great things if you don't forgive. You might miss out on a great friendship. You might have your day or even week ruined because you're too caught up in your anger. You might even miss a great opportunity God has for you to experience something really cool, all because you're too caught up in the past.

Go in the bathroom with a dry erase marker and draw a party hat on your head in the bathroom mirror. As you go throughout your week, think about that epic party and how you don't want to miss it because you chose not to forgive!

FORGIVENESS

DECIDING THAT SOMEONE WHO HAS WRONGED YOU DOESN'T HAVE TO PAY

DAY 1

Go to Studio252.tv and watch this week's episode of The So & So Show. (Click on *Fun2Watch!* then *The So & So Show.*)

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

SO & SO TOP 3

After watching, write one thing that . . .

1) YOU LIKED: _____

2) YOU LEARNED: _____

3) YOU'D LIKE TO KNOW: _____

DAY 2

Read Luke 15:21-32

As you read Luke 15:21-32, draw an emoji (either in your Bible or on a sheet of paper) that you think represents that sentence or paragraph. (Like, besides verse 21, you might draw a sad emoji, but then beside verse 22-24, you might draw a happy face and a party hat emoji)

There were a lot of emotions in the story Jesus told, weren't there? Everything from happy to sad to angry and even jealous. And if the older brother decided not to forgive, he was missing out on all the . . .



DAY 3

When you don't forgive someone, it's like you're holding on to the hurt and pain they caused you. And when you do that, it's impossible to have a good relationship with that person because you're too busy holding on to anger.

Read the prayer below, filling in your own words in the blanks. Start out your prayer with your fists clenched tight, but as you pray, slowly release your hands and relax. By the time you're done praying, your hands should be turned over and open, palms to the sky, releasing the person you've forgiven.

Dear God, I know I need to forgive _____ for _____ . It really made me mad that they did that, but I don't want to be mad anymore. I don't want to hold on to anger. I want to release my anger and instead choose forgiveness. I have decided that _____ doesn't have to pay, even though they hurt me. I release them and choose forgiveness instead. In Jesus' name, I pray, amen."

DAY 4

Yesterday, you ended your prayer of forgiveness with your palms open and facing upward, instead of clenched tight in anger. Now go take those open hands and use them to either high-five or hug the friend or family member you've chosen to forgive. Think about how you couldn't do that if you still had your fists clenched tight in anger. By releasing them and choosing forgiveness, you won't miss out on this relationship that means a lot to you!

After you hug or high-five, take a minute to tell your friend or family member something you appreciate about them—one or two reasons that you're glad that you're family or friends. Just think: if you didn't forgive, you'd miss out on that special trait or gift that person brings to your life!

