

Activity

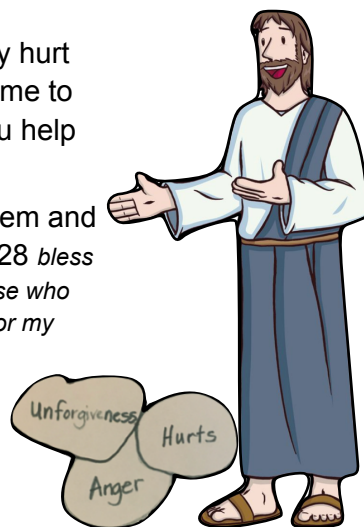
Drop the Rocks

Can you think of a rock in your life? Maybe someone hurt you. Maybe you are still angry with them. Maybe something bad happened and you blame someone, yourself or even God for it.

Pretend to hold that rock in your hand right now. What is that rock? Is it a person? Is it something you did? Which hurt is weighing you down? Can you lay that rock down at the feet of Jesus?

- Confess it. Say: "God, this really hurt me. But, I know you don't want me to have rocks in my heart. Can you help me to forgive them?"
- When you are ready, forgive them and ask God to bless them. Luke 6:28 *bless those who curse you, and pray for those who spitefully use you and persecute you for my name's sake*

Throw that rock away and try not to pick it back up!



Look up the story Out of the Darkness on
kingdomkidsontheirknees.com

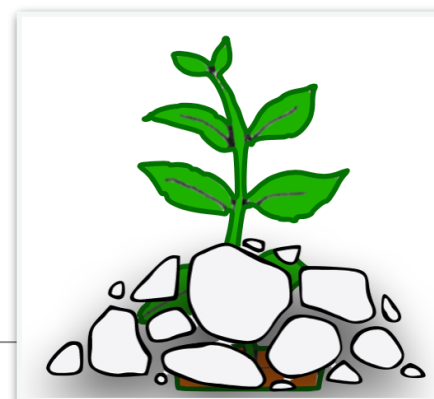


6. Forgive

Drop the Rocks

Ephesians 4:32

And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you



Forgive

- In the Lord's Prayer, Forgiveness is the second part of Repentance. "... as we forgive those that trespass against us."
- Unforgiveness to others blocks God's forgiveness to us.
- Unforgiveness is like rocky soil for the plant of God's Spirit. The hurts (rocks) keep His Spirit from being healthy and strong in us.
- Holding onto grudges and hurts weigh us down and keep us from feeling joy and helping others.

Forgiveness is also a response of love. Forgiveness has nothing to do with people deserving to be forgiven.



No one deserves forgiveness. That is what grace is all about. None of us deserve it, but God gives it to us when we repent and forgive others. (Romans 5:8, Ephesians 2:8-9)

When we truly understand how much He loves us and He loves others, forgiveness becomes a joy.



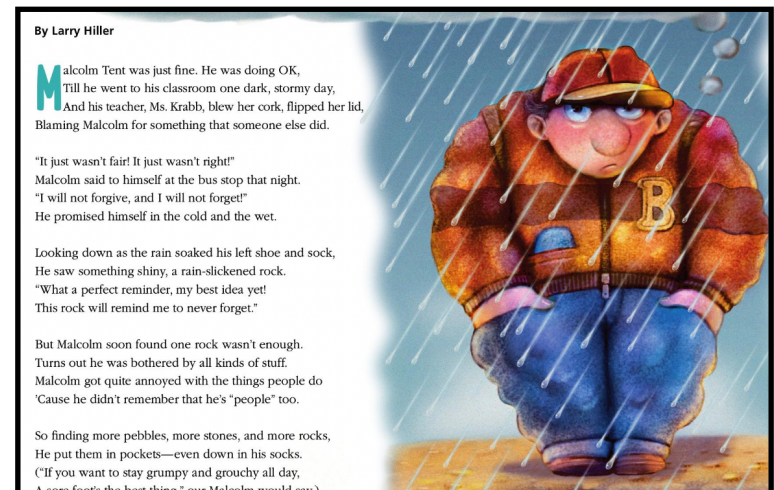
Pray it, Don't Say It

- **Sometimes we spend so much time talking about prayer requests,** there isn't much time for prayer.
- **Instead of asking for prayer requests** when you have prayer time, "Pray It, Don't Say It." If someone has a prayer need, they can just pray about it outloud and others can also pray about it with them.
- **Don't forget to praise the Lord** and thank Him for His answers and blessings!

Rocks are Heavy!

There's a story about a man who picked up a rock for every time someone was unkind to him. Anytime something hurt his feelings, he picked up a rock, any old rock, to help him remember to be mad. As you can imagine, that began to be pretty heavy!

You can read the whole story or poem by looking up Pockets Full of Rocks by Larry Hiller.



Videos to Watch

Sometimes it's really hard to forgive people who have hurt us. It's not easy. These illustrations might help.

- **Scripture stories: Joseph forgives his brothers** <https://www.youtube.com/watch?v=ndETu4bzwAY>
- **Corrie Ten Boom** - maybe a retelling of this story. This might be better for older children or those who have gone through hard experiences. <https://youtu.be/3cfp5ivLZb4>