GOD COMMANDS YOU TO FORGIVE OTHERS
This week, we will be teaching on forgiveness. We will teach the children what it means to really forgive. God demonstrated true forgiveness, in that while we were yet sinners, He sent Christ to die for us. Jesus took the punishment for our sins. He now forgives us, and not only that, He completely lets go of everything we have done wrong. God says in Hebrews 8:12 (NLT) “I will forgive their wrongdoing’s, and I will never again remember their sins.” And now that God has forgiven us, He commands us to do the same. In Colossians 3:13 it says, “The Lord forgave you, so you must forgive others.” God commands us to forgive others. Although God commands this, the choice is still ours. We must make the choice to forgive the people that hurt us.

But often times the children say they forgive, but hold on to the hurt. They say they forgive but they never actually let go of the pain. True forgiveness is more than just saying, “I forgive you” or saying “It’s okay”. True forgiveness involves these three things:

When you forgive:
1. You don't keep a record of wrongs.
2. You release your hurt to God.
3. You allow God to move in your heart.

Today the children need to learn that God commands them to forgive others. Not just to say, “I forgive you” or “It's okay,” but to truly forgive the people who have hurt them and release their hurt to God. Until they forgive, they will keep hurting. This lesson can be very powerful. Please be sensitive to what the Holy Spirit wants to do. Make it very clear to the children that they must make a decision to forgive. It is their choice. They can get rid of the pain if they choose to forgive. They can repair relationships if they choose to forgive. Their hearts can be healed if they choose to forgive. But the choice is theirs.

God commands you to forgive others!
But the choice is still yours!
PRE-OPENING ACTIVITY: Charades

Participants: The girls' team, the boys' team, a scorekeeper and a timer.

Props: A stopwatch or other timing device, a note pad and pencil for score-keeping, blank slips of paper, and a basket for the slips.

Preparation: This game is girls versus boys. The Kids, Church leader must write down on the slips of paper something from the following categories: Book Title, Movie Title, Song Title, TV Show, or Quote or Phrase. Prepare as many as 25 paper slips with titles in the basket.

Playing: Charades is a game of pantomimes: you have to “act out” a phrase without speaking, while the other members of your team try to guess what the phrase is. The objective is for your team to guess the phrase as quickly as possible. A player from the girls’ team draws a phrase slip from the basket. After she has had a short time to review the slip, the timekeeper will start the time. The girls then have three minutes to guess the phrase. If they figure it out, the timekeeper records how long it took. If they do not figure it out in three minutes, the timekeeper announces that the time is up, and records a time of three minutes. Now it’s the boys turn. Record their time. At the end of five rounds tally; the times for the boys’ team and tally the times for the girls’ team. The team with the lowest time is the winner of Charades.

OPENING

Welcome
Rules
Opening Prayer
Pledges
Songs of your Choosing
4 Reasons

GAME TIME

1. Two Frisbees
Props: Two Frisbees

2. Apple Buddies
Props: Four apples, cored and quartered.
LESSON TIME

Short Overview of the Lesson
Quiet Seats Explanation
Props: 4 red balloons, 4 blue balloons, a whistle, and quiet seat prizes.

Lesson Introduction
Props: A poster board with “God” written on it, a person wearing a white T-shirt, smaller signs that say, “Broken Promises,” “Rejection,” and “Being Bullied.” You will also need duct tape to stick the smaller posters on the T-shirt and the “God” poster board.

Power Point: God commands you to forgive others.
Sub points:
1. You don’t keep a record of wrongs.
2. You release your hurt to God.
3. You allow God to heal your hurt.

Memory Verse
“The Lord forgave you, so you must forgive others.” (Colossians 3:13 NLT)
Props: Overhead projector, blank transparency or poster boards.

Bible Lesson: “David forgives King Saul” (1 Samuel 26:1-12)
Props: A spear, a jug of water, 4 Bible costumes, and actors: David, Abishai, King Saul and guard.

Object Lesson #1: “You don’t keep a record of wrongs.”
Props: File that says “Dad,” paper, and a marker.

Object Lesson #2: “You release your hurt to God.”
Props: A rope of knots.

Object Lesson #3: “You allow God to move in your heart.”
Props: A poster board heart, a big clear container, a table, and smaller poster boards that say the following: 1) Being Put Down, 2) Broken Promises and 3) Abuse.

Life Lesson: “Helen’s Promise”
Props: Illustrated Story
WELCOME

Props: Whistle, smiley face and a sad face.

Hey kids! I am so happy today. (Hold up smiley face.) It is great to be here with all my friends and have so much fun. If you are happy today I want to see you smile as big as you can. It is so great to smile and laugh - but in the week different things happen to all of us. I know you might get hurt by other people and you become sad (hold up sad face). Everyone pull a sad face. Well today we are going to be talking about just that. God does not want you to be sad and hurting that is why He commands us to forgive others so that we don't hurt and we can smile once again (Hold up smiley face). Everyone show me your smiles again. I am ready to have some fun. Are you ready to have fun? Everybody put 10 fingers up in the air and count down with me. 10,9,8,7,6,5,4,3,2,1.

RULES

Kids’ Church always works best when we work together. When we follow rules, things run smoothly. There are many children here today. In order for us all to have fun and learn, we all have to follow the same rules. We do not play favorites in Kids’ Church and we do not allow bullies either. We all follow the same rules. Today we have a shortcut to help us remember the rules. The shortcut is the word “SOW.” Let us sow a good seed today by obeying the rules. (Keep the rules posted or write them on the chalkboard or on poster board.)

Let us review the rules:
S- Stay in your seat.
O- Obey your leaders.
W- Whistle means quiet.

Graphics are included in the Powerpoint Presentation.
**OPENING**

**OPENING PRAYER**

Dear God,
Thank you that we can meet together and have fun at Kids’ Church today. I open up my heart to receive what You have for me today. Help me to understand what forgiveness is, and help me to know if I need to forgive someone today. In Jesus’ name, amen.

**PLEDGES**

Graphics are included in the power point presentation.

**SONGS OF YOUR CHOOSING**

If you have a Praise and Worship team, it would be great to implement them for this part of your service. If you do not have a Praise and Worship team, then use CDs. Try to play songs that the kids will know. Have the songs written on transparencies or posterboards so the entire audience can see the words and participate in your Praise and Worship time.
OPENING

THE FOUR REASONS WHY WE COME TO KIDS’ CHURCH

Props: Posterboard or overhead projector so everyone can see the “Four Reasons.”

Every week, always take time to teach the kids why they come to Kids’ Church. “Spaced Repetition” is the name of the teaching technique that we employ at this point in the lesson. The concept is simple; by reinforcing and repeating these four key truths every week, it becomes ingrained in our children. Have the kids repeat “The Four Reasons Why We Come to Kids’ Church.” You can even give rewards to kids who can say them correctly without help. Pick two boys and two girls, and have them say the “Four Reasons” without looking at them. Doing this every week can be a great start for your kids to always know why they are doing the things we tell them to do every week.

1. To love God first
2. To learn His word
3. To lead others to Jesus
4. To live right every day

Graphics are included in the Powerpoint Presentation.

Before you pick the two boys and girls to say the four reasons, teach them to everyone as a group. You can start off by saying to the kids, “If you are in school and someone asks you why you go to church, what will you say?”
Leader’s Notes

1. Use your game time as a review time.
2. Make sure you have two opposing teams.
3. Assign runners.
4. Assign someone to operate your CD player.
5. Put someone in charge of organizing and cleaning up games.
6. Put someone in charge of giving out prizes.
7. Ask simple questions.
8. Explain the game well.
10. Make sure you rehearse the games with your workers.

GAME TIME

Games are fun and exciting. I do not know one single kid who does not like to play games. I do not know one single kid who does not like to win cool prizes after playing a game. Let’s face it, kids are bored at church. They want to laugh, play, and have fun. Teachers want them to learn the Word of God. Is it not possible to have both? Who says Sunday School has to be dry and boring? There is a middle ground. Include games in your Sunday School.

Game Time should be:

- A review of last week’s lesson
- Fun
- Organized

A review of last week’s lesson
The only way that kids can play a game, is if they answer a question from last week’s lesson. Instantaneously, kids are going to start listening to your teaching every week because they want to play a game.

Fun
Game time must be fun! Make sure your games are exciting and unpredictable not get in a rut with your games. You need to keep the kids guessing as to what will happen next.

Organized
We call game time, “controlled chaos.” We want the kids to have the most fun they can have in a controlled environment. There is a lot of organization required for game time. For instance, someone has to:

- Set-up and clean-up the game
- Pick kids to answer the review question
- Operate the CD player
- Help the kids pick a prize

For other game ideas, click here.
GAME TIME

**REVIEW QUESTIONS**
Select one child from each team who can answer their review question correctly to play in this first game.

1. Nothing is too big for _______? Answer-God.
2. God is bigger than your past, your present and your _____? Answer-Future.

**GAME #1**
**Frisbee Toss**
**Participants:** One boy, one girl and two workers or staff.

**Props:** Two Frisbees

**Preparation:** Select two workers who know how to throw a frisbee.

**Playing:** The two workers face the boy and girl, who are standing 10 feet away. Give both workers a frisbee. When you count to three the workers will toss the frisbee to the boy and girl at the same time. The children are not allowed to move their feet when they try to catch it. If they each catch the frisbee, have them both take a giant step backward. They will continue doing this until one of them drops the frisbee. The first one to miss loses the game. If both miss at the same time, throw again from that distance.

**Precautions:** Be careful that no one gets hurt by the frisbee.

**Notes:** For each round of throwing, the participants must be standing at equal distance.
1. Use your game time as a review time.
2. Make sure you have two opposing teams.
3. Assign runners.
4. Assign someone to operate your CD player.
5. Put someone in charge of organizing and cleaning up games.
6. Put someone in charge of giving out prizes.
7. Ask simple questions.
8. Explain the game well.
10. Make sure you rehearse the games with your workers.

**REVIEW QUESTIONS**

Select one child from each team who can answer their review question correctly to play in this second game. Allow each child to choose one partner of the same sex to play this game with them.

1. In the Bible lesson who was the giant that David fought and won? Answer: Goliath.

2. Doberman thought God wouldn’t forgive his past because he was in a ______? Answer: Gang.

**GAME #2**

**Apple Buddies**

**Participants:** Two boys and two girls.

**Props:** Four apples, cored and quartered.

**Preparation:** Place eight apple quarters on one end of the table on the boys’ side, and the other eight pieces at the other end of the table on the girls’ side. Then the participants will kneel on the stage facing each other, and a worker will hold the plexiglass between them. The participants must have their hands behind their backs.

**Playing:** This is a relay race. When you say: “Go,” two players on each team run to the table and eat one of the apple quarters. When they are done they must run back and tag their partners. Their partners repeat the process. The winners are the ones who eat all eight apple quarters first.

**Precautions:** Station a helper at the table to verify that the players have swallowed their apple quarters before running back to their teammates.
Lesson 3

**Leader’s Notes**

1. This is what we are teaching.
2. This is why we are teaching what we are teaching.
3. This is our supporting verse.
4. This is how we will support the powerpoint.

**SHORT OVERVIEW OF THE LESSON**

**Power Point**

God commands you to forgive others

**Direction**

But the choice is still yours

**Memory Verse**

“The Lord forgave you, so you must forgive others.” (Colossians 3:13)

**Sub Points**

*When you choose to forgive*

- You don’t keep a record of wrongs
- You release your hurt to God
- You allow God to heal your heart

**KEY WORDS AND KEY PHRASES**

Key words and Key phrases that should be used throughout the lesson.

- God commands you to forgive others
- But the choice is still yours
- forgive/forgave/forgiveness
- choose/choice
- Don’t keep a record of wrongs (Object Lesson #1)
- Release your hurt to God (Object Lesson #2)
- Allow God to heal your heart (Object Lesson #3)
QUIET SEAT

Props: You will need a loud whistle, four blue balloons for the boys’ side, and four red balloons for the girls’ side. You will also need helpers on the boys’ side and helpers on the girls’ side to pass out the “Quiet Seat” prizes. Prizes like candy, snacks, or Bibles are all effective prizes. The prizes are given only to the kids who are the quietest during the teaching time. The “Quiet Seat” time officially starts after the whistle has been blown.

Presentation: Boys, I have four balloons on your side. If I see you talking to your friends or playing with your neighbor, I am going to pop a balloon. If I pop all four of your balloons, I am going to give all of the candy to the girls. Girls, you also have four balloons. If I see any type of distraction on the girls’ side, I am going to pop a balloon. If I pop all four of your balloons, I am going to give all of the candy to the boys. I have quiet seat watchers walking around looking for the perfect kids. A perfect kid is a kid who is sitting up straight, feet on the floor, hands in your laps, and whose eyes are on the teachers. If the quiet seat watchers see a perfect kid, they will slip a piece of candy into your hand. You are not to eat that candy until you are outside of the building. Everyone should be sitting up straight with your feet flat on the floor. No one should be moving around at this time. The bathrooms are now closed. The only ones who will be moving around in here are the quiet seat watchers. Their job is to watch you, not us. If I see anyone talking, I will pop a balloon. You know what happens if we pop all of your balloons; you go home today with nothing. We are now ready for the most important time of the day. It is now time for the preaching of the Word of God. On the count of three, I will blow my whistle, and quiet seat time will officially began. One, two, and three. (Blow the whistle.)
**Props:** A posterboard with “God” written on it, a person wearing a white T-shirt, smaller signs that say, “Broken Promises,” “Rejection,” and “Being Bullied”. You will also need duct tape to stick the smaller posters on the T-shirt and the “God” posterboard.

**Preparation:** Tape the smaller signs on the T-shirt. The person wearing the T-shirt will come out with the teacher and stand in the center of the stage. You will need another worker to hold the poster board that says “God”. They will stand next to the person wearing the T-shirt.

**Presentation:** *(Illustration 1—This is my friend Michael.)* He has a lot of signs attached to him. Each sign represents things that people have done to hurt him. Things that he holds on to. For example:

1) Michael's dad left when he was a young boy. Even though his father doesn't live with him anymore he always promises Michael he will go watch Michael play at his basketball games. Michael waits and waits but his father never shows up. He has broken his promise and these broken promises leave Michael brokenhearted. *(Illustration 2—As you say this example point to the broken promises sign.)*

2) Michael's mom is always drunk and shouts at him all the time. One time she told him she wished he had never been born. That really hurt him, and now he feels rejected by his own mother. *(As you say this example, point to the rejection sign.)*

3) At school people bully Michael around. They call him names like “Stupid” and “Ugly.” They tease him and laugh at him. It hurts Michael when he's being bullied. *(As you say this example, point to the “Being Bullied” sign.)*
Michael is holding on to a lot of hurt. Even though he has a lot of reasons to hold on to this hurt, there is one reason he should let go: “God commands us to forgive others.” It is hard to forgive and let go of things that hurt you, but God COMMANDS us to forgive others. He doesn’t ask us to forgive, He commands us to forgive others. The Memory verse for today is found in Colossians 3:13 and it says “The Lord forgave you, so you must forgive others.”

God has forgiven you! He sent his son Jesus to die on a cross for your sins. When you ask him to forgive you, he forgives you. He completely lets go. It doesn’t matter how bad your sins are. It doesn’t matter how many sins you have committed, God forgives you. Now He commands you to do the same -”The Lord forgave you so you must forgive others.”

(Illustration 3—Go back to the person in the T-shirt.) God commands you to forgive others but the choice is still yours. You have to choose to let go. It’s not easy. It is hard to let go of all the things that have hurt you and forgive those people but you must make a choice to forgive. How do you forgive? You let go of the things that hurt you, and you give it to God. All those times your dad promised he would go to your basketball game and then he broke his promise, let go. Give that hurt to God.

Good leaders must make personal changes before asking others to change.

Take some time to examine your heart. Is there anyone who you need to forgive? If so, first pray and ask God to help you. Second, ask the person for their forgiveness.

Along with the command comes the ability to fulfill what was commanded.
(Pull the sign off the T-shirt that says “Broken Promises” and stick it onto the poster that says, “God.”) All those times that your mom has rejected you, let go. Give that hurt to God. (Pull the sign off the T-shirt that says “Rejection” and stick it on the poster that says, “God.”) All those times people have called you names and bullied you, let go - give that hurt to God. (Pull the sign off the T-shirt that says “Being Bullied,” and stick it on the posterboard that says “God”). When you choose to forgive, you let go, and you are free. What hurt are you holding onto today? Who has hurt you so badly that you are still holding on to the pain? Today if you want to let go of the hurt, you must make a choice to forgive. God commands you to forgive others. But the choice is still yours.

• You don't keep a record of wrongs
• You release your hurt to God
• You allow God to move in your heart.
God commands you to forgive others

Leader’s Notes

God commands you to forgive others.

To prepare for this lesson, meditate on these scriptures;

Colossians 3:13 (NLT)
Make allowance for each other’s faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.

Matthew 18:34 (NLT)
Then the angry king sent the man to prison to be tortured until he had paid his entire debt. 35 That’s what my heavenly Father will do to you if you refuse to forgive your brothers and sisters from your heart.

1 Kings 8:50 (NLT)
Forgive your people who have sinned against you. Forgive all the offenses they have committed against you. Make their captors merciful to them.

Matthew 6:14 (NLT)
If you forgive those who sin against you, your heavenly Father will forgive you.

Matthew 6:15 (NLT)
But if you refuse to forgive others, your Father will not forgive your sins.

Luke 6:37 (NLT)
Do not judge others, and you will not be judged. Do not condemn others, or it will all come back against you. Forgive others, and you will be forgiven.

Luke 17:4 (NLT)
Even if that person wrongs you seven times a day and each time turns again and asks forgiveness, you must forgive.

2 Corinthians 2:7 (NLT)
Now, however, it is time to forgive and comfort him. Otherwise he may be overcome by discouragement.

2 Corinthians 2:10 (NLT)
When you forgive this man, I forgive him, too. And when I forgive whatever needs to be forgiven, I do so with Christ’s authority for your benefit.

MEMORY VERSE

“...The Lord forgave you, so you must forgive others.”

Colossians 3:13 (NLT)

Props: Overhead projector and a transparency with the scripture verse written on it. If you do not have an overhead projector then use posterboard with the verse written in markers large enough so everyone can read it.

Preparation: Set the overhead before the lesson begins so all you have to do is turn the projector on or if you have a posterboard with the verse written on it. Make sure it is ready to be carried out.

Presentation: The memory verse was included in the lesson introduction.
DAVID FORGIVES KING SAUL

1 Samuel 26:1-12

Props: A spear, a jug of water, 4-5 Bible costumes and actors: David, Abishai, King Saul, Guards).

Point: David let go of what Saul did to him. We need to choose to forgive and let go too.

Preparation: Make sure that actors are dressed and ready to come out on cue. Make sure actors know their lines.

Presentation: I love it when life goes great, but for some reason it doesn't stay great forever. There was a man in the Bible who experienced this, his name was David. David worked for King Saul. He married King Saul's daughter. He was friends with King Saul's son. Life was great! But something went wrong. King Saul became jealous of David and wanted to kill him. David fled into the desert to hide from King Saul. (Illustration 4—David and Abishai run out across to the other side of the stage). King Saul went after David. (King Saul and guards enter) King Saul chased David day and night. He was not going to stop chasing David until he killed him.

This one day, King Saul still hadn't captured David. It was getting late, so King Saul and his men decided to set up camp near the road. In the morning they would go searching for David again. King Saul set his spear in the ground. He and his men went to sleep for the night.

(Illustration 5—King Saul puts the spear and jug of water besides him and they go to sleep.)

David: “Will anyone volunteer to go into King Saul's camp with me?”

Abishai: “I will go with you.”
Teacher: So David and Abishai went into Saul's camp while they were all sleeping. Remember King Saul wanted to kill David. He even had his wife given to another man and thrown spears at him in attempt to kill him. David had been hurt by King Saul. Let's see what happens when they get to the place where King Saul is sleeping.

Abishai: (Illustration 6) “God has surely handed your enemy over to you this time! Let me thrust that spear through him. I'll pin him to the ground, and I won't need to strike twice!”

FREEZE

Teacher: There is King Saul right in front of him... Asleep! He can kill him if he wants. David has to make a choice. He can either get revenge for what King Saul has done to him, all the hurt he has caused him, or he can let it go and forgive King Saul. It's hard to let it go and forgive, but that is what God commands you to do. The word of God says 'He forgave us, so we must forgive others.' Everyone gets hurt by someone. Maybe you are lonely at school because your friend doesn't want to be your friend anymore, and it hurts you. Maybe you get called names, like stupid or ugly, and it hurts you. You have all the reasons to zet revenge and hurt the people who hurt you, but God commands you to forgive others. David had to make that choice. Let's see what he chooses.

David: “Don't destroy him! Who can lay a hand on the Lord's anointed and be guiltless? But I'll tell you what, we'll take his spear and his jug of water and then get out of here!”

Rom. 12:19
When a person takes revenge, they take the place of God.
(David and Abishai take the spear and the jug of water and leave the stage).

Teacher: David let it go. He didn't hold onto it. He chose to forgive. Yes, it would've been easy. Saul was right there, a spear was right there, Abishai even offered to kill him for David. But David still chose to forgive and let it go. We need to choose to forgive and let it go too. What are you going to do? Are you going to let go of your hurt or are you going to hold onto it? God commands you to forgive others, but the choice is still yours.
OBJECT LESSON 1
The “X” Files

Props: File that says “Dad,” paper and a marker.

Point: When you forgive, you don’t keep a record of wrongs.

Presentation: So many times we say things that we don’t actually think or mean. We think we forgive or we say we forgive but we still hold on to what people do to us. We keep a record of wrongs.

There was one person in my life that I thought I forgave. but I didn’t. Each time I spoke to him, I acted like everything was okay But It wasn’t okay. I was hurting inside. The person I couldn’t forgive was my dad. (Show the file.)

Each time he said he was going to take me out on Saturday and never showed up, I was hurt. I kept a record of it. (Take out a sheet of paper and write “Broken Promises” on it and put it in the file). I put that in his file.

Each time I went to show him something I had done and he didn’t care. I was hurt. I kept a record of it. (Take out paper and write, “Doesn’t Care” and put it in the file). I put that in his file.

Each birthday I had and he didn’t show up or he didn’t send me a birthday card, I was hurt and I kept a record of it, (Illustration 7 to 9—Take out paper and write, “Forgot my birthday”). I put that in his file.

Before long I had a file on my father. I had kept a record of every wrong he’s ever done to me. Who do you have a file on? Who have you kept a record of every wrong they’ve ever done to you? Maybe you have a file on your friend. Maybe someone told you that your friend has been talking about you behind your back. (Write on sheet “Talk about Me.”) That hurts you and you, that hurt in her file.
Maybe your friend had a party and she didn’t invite you. *(Write on sheet “Didn’t get invited.”)* That hurts you, and you keep a *record* of it. This file is the reason why you are still hurt. You are holding on to your hurt. You are keeping a *record of wrongs* your friend has done to you.

Today, you must choose to let go and *forgive* the person who has hurt you. *When you forgive, you don’t keep a record of wrongs.* I want you to imagine you have a file in your hand of the person who has hurt you. Hold up your imaginary file. Now when I count to 3, I want you to say, “I forgive you,” then rip up the imaginary file. Are you ready? 1!2!3! “I forgive you!!” *When you forgive, you don’t keep a record of wrongs.* You are choosing to let go. *God commands you to forgive others.*

**OBJECT LESSON 2**

*My Stomach is all Tied up in Knots*

**Props:** A rope with knots tied into it.

**Preparation:** Wrap the rope of knots around the teacher before going out on the stage.

**Point:** *When you forgive you release your hurt to God.*

**Presentation:** In this world there are so many people who are hurting. And when they hurt, it’s like knots inside of them. *(Hold up the rope with knots.)* We know that there are things in your life that hurt you, and you walk around with knots inside of you. We all have knots. We’ve all got our own story.

*(Illustration 10—Start wrapping rope around your upper body)* Here is mine. I hated going home. My father used to beat us. He hurt me. When we were at home and he was out, as soon as I heard his car pull up, I got knots in my stomach, I was so afraid he was going to beat us. If he was happy, it would be o.k. but if he had a bad day we all suffered.
Those knots I got, I would hold onto them, I wouldn't let go, the hurt and the pain I felt. I held onto it. But I learned that God commands you to forgive others. When you forgive, you release your hurt to God. So I said to God, “My father has hurt me, but today I choose to forgive him. I give you my hurt.” When I decided to forgive my father. All of a sudden the knots were gone. (Illustration 11—Remove the rope.) The hurt was gone. I gave God all the hurt I was feeling. I still get those knots sometimes, but I know now when I get those knots I have to let go, get on my knees, and release my hurt to God.

Someone has hurt you so bad that you have knots. (Pick up the rope again and begin to tie it around you again.) Maybe it’s the same kid at school who picks on you and threatens to beat you up. Every time you see that kid you get knots in your stomach. Or maybe it’s your mom who yells at you and tells you you’re not good enough. Every time she talks to you like that you get knots in your stomach. When you get knots in your stomach, you need to let go and release your hurt to God. God commands you to forgive others so that you don’t have to hurt. When you choose to forgive you release your hurt to God. You don’t hold on to it anymore. The Bible says in 1 Peter 5:7, “Give all your worries and cares to God for he cares what happens to you.” If you don’t want to hurt anymore, then you need to release your hurt to God by saying, “God I am hurting, but today I choose to forgive the person that has hurt me. I give you my hurt.” (Illustration 12—As you are saying that, remove the rope of knots from you to show you are free). It is not easy, it is hard. But when you choose to forgive you release your hurt to God.
OBJECT LESSON 3
God I Give you my Heart

Props: A posterboard heart, a big clear container, a table, and smaller poster boards that say the following:

- Being Put Down
- Broken Promises
- Abuse

Preparation: Tape the heart in the clear container or box with lid. Set up the table in the middle of the stage and place the container and smaller posterboards on the table.

Point: When you forgive, you allow God to move in your heart.

Presentation: (Illustration 13) God wants to move in your heart. He wants to remove all the hurt and heal your heart but we don’t always allow God to move in our hearts. Instead we hold on to all the pain, hurt and sadness people have caused us and when we hold on to hurt God cannot move in our hearts.

Let me explain to you want I mean. Maybe someone calls you “stupid” and “no good”, it hurts you. Instead of giving God your hurt, you hold on to the hurt they have caused you. (Put ‘Being Put Down’ example in the container.) Maybe your dad promises to take you to the park on Saturday to play football but he doesn’t show up, and it hurts you how he always breaks his promises. Instead of giving God your hurt you hold on to it. (Put “Broken Promises” example in the container.) Maybe, boys, someone beats on you all the time for no reason or girls someone touches you in a way they shouldn’t (Illustration 14—Put “Abuse” example in the container) and it hurts. Instead of giving God your hurt you hold on to it. As long as you hold on to the hurt God cannot move in your heart.
There is only one way to get rid of the hurt - you must forgive! When you choose to forgive you allow God to move in your heart. When you say, “God I choose to forgive the person that hurt me. I give you my hurt,” that’s when you allow God to move in your heart. That’s when you allow God to move in your heart. (Illustration 15—Remove the small poster-boards from the container. Show the container to the children.) The Bible says in Psalm 147:3, “God heals the brokenhearted and binds up their wounds.” God commands you to forgive others, and when you choose to forgive, you allow God to move in your heart. The choice is yours. Will you hold onto that hurt or allow God to move in your heart?
In the Kingdom of God, it doesn't matter if you can repeat a message. It matters that you become the message.

Frame 1
Helen grabbed tightly to her mother. “Don’t die, Mom, you can’t die.” The hyena clan gathered close around Helen as she cried. Her Mom had been attacked by a lion and was slowly dying. As Helen cried, her Mom looked up at her. “Helen, don’t cry. Listen to me. Promise me you’ll take care of your younger sister Heidi. You need to watch out for her.” Helen replied “Mom, Don’t talk like that! You’re not going to die.” Helen’s Mom whispered “Just take care of Heidi.” Then her eyes closed.

Frame 2
“Nooo!” Heidi screamed and ran into Helen’s arms sobbing. “It’s all my fault, Helen, I wasn’t supposed to be playing near the pride land. I knew I wasn’t supposed to but I did it anyway. Mom was just trying to save me.” Helen rocked her sister in her arms and said, “It wasn’t your fault, Heidi. You were just having fun. You didn’t know there were lions around anyhow. Don’t worry, I will look after you.” Even though Helen said it wasn’t Heidi’s fault she knew it was, and she held on to that thought.
Frame 3
But from that day on Helen kept the promise she had made, and looked after her little sister. She got Heidi food and made sure that she had everything she needed. Helen was always with her sister. Wherever Helen went, Heidi went too. Helen sometimes got annoyed with Heidi, but she was going to keep her promise.

Frame 4
The thing that Helen really got annoyed with was that Heidi kept breaking things. Then one day Heidi was playing dress-up, and she broke the necklace her mother had given Helen. Heidi felt so bad and told Helen she was sorry. Heidi felt so bad, and told Helen she was sorry. Helen was hurt. She told Heidi it was okay, but she didn't forgive her and she didn't let go she held on to that hurt.

Preaching Point
Sometimes when people hurt you, you say it's okay, but you're still holding on to the hurt. God commands you to forgive others. When you forgive, you release your hurt to God. You don't hold on to it anymore. You don't pretend things are fine when you are still hurting. Forgiveness is completely letting go and releasing your hurt to God. It's saying, "God I forgive the person that has hurt me and I give you my hurt." When you forgive, you release your hurt to God. But the choice is still yours. You must choose to forgive.
Helen didn't release her hurt she kept a record of what Heidi had done. She bent down and picked up the pieces of the necklace off the floor. As she was going to put them in the trash, José, a boy hyena, walked by. Helen stopped and watched him go by. Heidi noticed her sister's sudden distraction. “Ooooooh,” She said, “You like José”. Before Helen could react she heard Heidi yelling at the top of her squeaky voice, “Oh, José, my sister likes you, she wants to marry you.” “Shhhh.....” Helen interrupted her, “I don’t like him!”

Jose continued to walk on, turning his head back, looking disgusted at what Heidi was saying. Helen screamed and knocked Heidi over. “You idiot!” she shouted, “Could you have been more stupid?”

“I'm sorry Helen; it was a joke. I was just playing,” said Heidi. “You are always ‘Just playing!’ And you are always ‘sorry!’ But you you never think. If you were really sorry, you wouldn't do the stupid things you do!”, Helen yelled. “I...I just said you liked him”, replied Heidi.

“It's not just that,” Helen said interrupting Heidi, “You always messing things up. You broke Mom's necklace. You break everything! It's like you don't care. You don't listen! You do your own thing all the time. If you listened, Mom would still be alive today!” Helen hadn't forgiven Heidi. She had held onto everything Heidi did that hurt her. She kept a record of Heidi's wrongs.
Preaching Point
Who are you keeping a record on? Who do you keep a record of every wrong thing they have done to you? I know you have been hurt by that person, but God commands you to forgive others. When you forgive, you don't keep a record of wrongs. When you forgive, you don't add anything else to their file. Instead you rip up that file and rip up their record of wrongs. Who are you keeping a record on? Today God commands you to forgive them, but the choice is still yours.

Frame 7
Helen had kept a record for so long of what Heidi had done that her heart hurt, it was full of anger and pain. She just stood staring as Heidi ran off crying. But Heidi kept replaying everything she had just heard Helen say. All she could hear was, “It’s your fault” “If you had listened, mom would still be alive.” Her sister had said it was okay. But it wasn’t. Helen never forgave Heidi. Heidi stopped. She had to catch her breath. She didn’t notice that she wasn’t alone. As she turned her head, she saw a … “LION!” She screamed and began to run; she knew he wanted to kill her.

Frame 8
Meanwhile, Helen was standing where Heidi had left her. She was so hurt. The more she thought of what Heidi had done, the angrier she became, because she held on to that hurt in her heart. She wouldn’t let go. She knew she had to let go and forgive. She knew she had to run after Heidi, but she couldn’t because her heart hurt too much.
**Preaching Point**
Helen is holding on to all this hurt. If she keeps holding on to the hurt, God cannot move in her heart. It is the same with you. **When you hold on to hurt there is nothing God can do. But when you choose to forgive, God can move in your heart.** When you forgive then God can heal your broken heart and remove all the hurt. But you must choose to forgive. Holding on to hurt won't change anything. Forgiving allows God to work a miracle in your heart. **God commands you to forgive others, but the choice is still yours.**

**Frame 9**
It was too hard to let go for Helen. While she was focusing on her hurt, she heard José shout, “Helen, something has happened to Heidi.”

Helen asked “What happened?” Catching his breath he said “She was on her own... And...She got attacked... by a lion, we ran over but she got hurt..... badly. Come quick!”

They ran as fast as they could.

**Frame 10**
When they got to Heidi it was too late. She was already dead. Helen started to cry. “I was meant to look after you! I love you, Heidi! I'm sorry... I should have just let go and forgiven you.”

**Leader’s Notes**
Always ask the Holy Spirit to come and show them who to forgive. When they give their hurt to God, He will always replace it with something. Give Him the time to give them something in exchange.
God commands you to forgive others.

TODAY’S LIFE STORY

POINT OF DECISION
Helen was hurt and she never let go. She didn’t forgive. "God commands us to forgive others, but the choice is still yours." Maybe someone has hurt you and you have held on to that hurt. Today you must choose to forgive them. "If you need to forgive someone today, I want you to raise your hand."

CLOSING PRAYER
Dear God,
Repeat this prayer after me. Dear Jesus, my heart hurts because of what someone has done to me. I have held onto that hurt, but today I choose to forgive them. I choose to let go of the hurt, I will no longer keep a record of wrongs. Their file is clear! God, thank You for healing my broken heart. In Jesus’ name. Amen.
You may have heard it said that everything rises and falls on leadership. This will be especially true in your visitation program. Take time to review the list of the “Ten Musts” and impart them to your team. Using the following qualifications, prayerfully consider those who want to be involved in your visitation program.

Ten Musts:

1. He or she must be a dedicated Christian.

2. He or she must be faithful and consistent in his visitation regardless of the weather or personal recreational desires.

3. He or she must be excited about the church and its visitation program.

4. He or she must be loyal to God, the pastor, the church and the people he is visiting.

5. He or she must have compassion, be truly involved and genuinely concerned with the lives of others.

6. He or she must have a neat appearance.

7. He or she must be a soul winner.

8. He or she must set goals and be organized to achieve God’s best.

9. He or she must be a hard worker.

10. He or she must have a positive attitude.