

### Letting Go – Forgiveness

#### Matthew chapter 18 verses 21 and 22. Matthew chapter 6 verses 9 to 13

This GenR8 Connect looks at the importance of forgiving other people. Unforgiveness, holding onto grudges or not letting go of anger can affect people's lives and happiness, but when forgiveness is shown barriers can come down, and relationships can be mended. Sometimes we may need to forgive a person multiple times – in the Bible Jesus says more than 70 x 7! Christians believe that God has forgiven us a huge debt and as a response we should look to forgive others. This idea is part of the 'Lord's Prayer' that Jesus taught to his followers. Forgiveness is not easy, but God can help us.

### Reflection

In the Bible it says that God forgives everyone who asks Him and we need to forgive as well. When we forgive someone, we are not saying that what they did was right but we are giving up our right to be angry about their wrong actions and letting go of our hurt. Christians believe that God is the one who will judge what should happen to those who do wrong. Instead of paying back wrong for wrong, we should be kind.

- Do you think everybody deserves to be forgiven? Why?
- How important is it to keep on forgiving?
- Would you like to be forgiven when you get things wrong?
- Is there anyone you can show forgiveness to?

Nelson Mandela could have remained angry with those who had wrongfully imprisoned him. However, he chose forgiveness. He said, 'As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness and hatred behind, I'd still be in prison'.

What do you feel when you read these words?

### Links

About the whole of the Lord's Prayer from Prayerscapes: <https://youtu.be/XHB2M3BcNek>

or from Douglas Talks: [https://youtu.be/69JT4zsV\\_uY](https://youtu.be/69JT4zsV_uY)

The song 'Forgiving Isn't Easy' by John Hardwick: <https://youtu.be/Lmt8QNzr30s>

Lord's Prayer in sign: [https://youtu.be/kM3\\_umAisNM](https://youtu.be/kM3_umAisNM)

A song version of the Lord's Prayer: <https://youtu.be/ijPuAtrwHYM>

Please check that they are suitable for your group.

## Inspire Prayer Space Activity – Forgiveness Flowers

### Equipment

Saucer or plate, paper, paintbrush, yellow and brown paint

### Description

Sometimes it is really tricky to forgive others when we have been hurt. Sometimes people do and say things to hurt us on purpose. Sometimes they don't mean it, but it hurts anyway. Holding onto hurt isn't good for us.

In the Bible, in Ephesians chapter 4 verse 32 it says that we need to forgive one another, just as God forgave us. Christians believe we can ask God to help to let go of the hurt and forgive. As you carry out this activity, you need to do it with open hands. Open hands can be a sign of forgiveness and that you are 'letting go' of any hurt.

### Instructions

Draw round a saucer in the middle of the piece of paper. Use a paintbrush to paint one hand yellow. Place the heel of your hand on the circle, open your fingers and print. Turn the paper round keep painting and printing to make the petals of a sunflower. Then add little fingerprints in brown for the seeds in the middle.

As you carry out the painting, you may like to say a prayer to God, asking him to help you forgive others and thanking him for forgiving you first.



See below for activity sheet

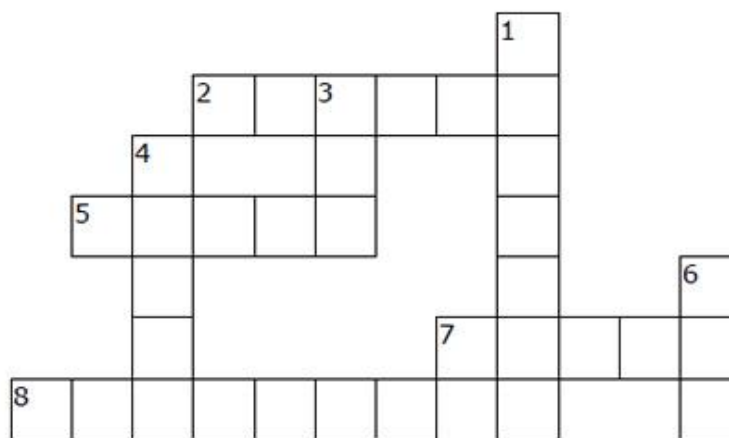
## Letting Go

Matthew chapter 18 verses 21 and 22

# Keep On Forgiving

Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times. Matthew 18:21-22 (NIV)

Based on Matthew 18:21-22



### ACROSS

2. A statement given in reply to a question
5. The number that is equal to six plus one
7. The Son of God
8. To pardon someone for doing something wrong

### DOWN

1. A male with the same parents as someone else
3. To break God's law
4. A fisherman who became one of Jesus' disciples
6. To seek an answer to a question

SEVEN  
BROTHER

ASK  
FORGIVE

PETER  
ANSWER

JESUS  
SIN

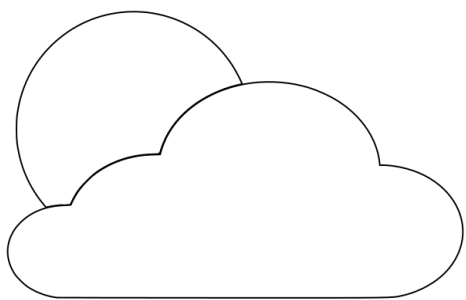
## Forgiveness Coloring Page



Jesus  
teaches  
me to  
forgive.

Be kind,  
and forgive one  
another.

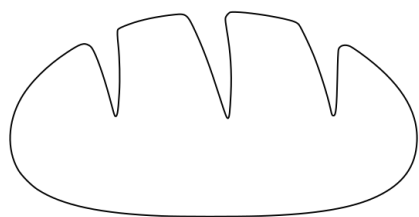
Follow this link to find a printable 'Lord's Prayer' book: [lords-prayer-minibook](https://www.illustrationsforchristians.com/lords-prayer-minibook) or use the image below



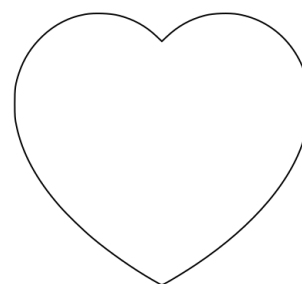
Our Father  
in heaven, hallowed  
be your name.



Your kingdom come,  
Your will be done,  
On earth as it is in heaven.

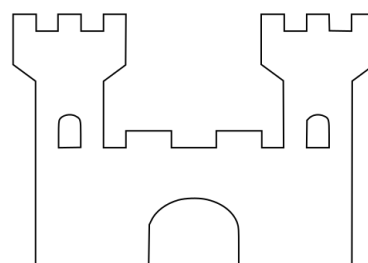
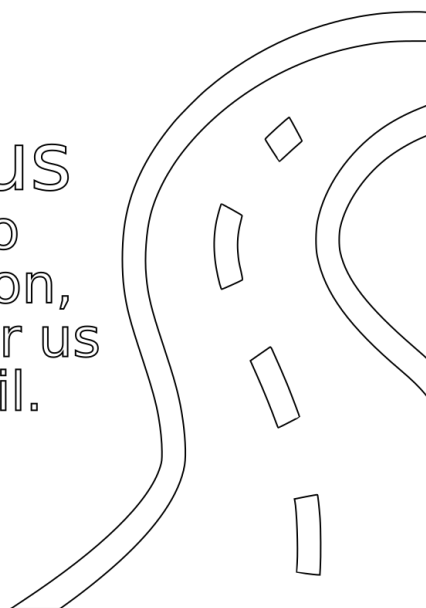


Give us this day our  
daily bread.



Forgive us our sins,  
as we forgive those  
who sin against us.

Lead us  
not into  
temptation,  
but deliver us  
from evil.



For the kingdom,  
the power, and  
the glory are yours,  
now and forever. Amen