

FORGIVING KIDS

CHALLENGE

WEEK 5 | THE RISE-UP KIDS TAKE HOME SHEET

Theme

The fourth of 5 Phases of Forgiveness: The Rise-up (Restoration)

Memory Verse

The Lord is gracious and compassionate, slow to anger and rich in love. Psalm 145:8

Bible Verses

John 21:1-14 NIV

Big Ideas

- ➡ Forgiveness doesn't just remove sin, it restores us back to a right relationship with Jesus.
- ➡ Unforgiveness leaves us feeling empty and bitter.
- ➡ God's forgiveness changes us from the inside out.
- ➡ Even though Mess-Ups hurt, forgiveness makes friendships even better.

Dear Parents:

Today your child learned that even after a clean up and repairation has been made, there is still a process to forgiveness. This 4th phase of forgiveness is called Restoration, or the Rise Up. When kids learn about forgiveness from TV shows, often the scene stops after the Clean Up phase: there's a mess up, then after a 'fess up the conflict get's cleaned up. It's in the Rise Up that hard times and backsliding can happen, and tv shows and books don't always show that. Even after we hear "I forgive you", or "I'm sorry", there is often anger, or even a lack of trust. Even through frustration or broken trust, a restored relationship is the goal of forgiveness. How do we know? That was the goal of Jesus when He came to Earth. He wasn't just interested in saving us, but He wants a restored relationship with us. This continues after your baptism, and throughout your life.

Challenge:

Go climbing today. It could just be up a jungle gym at the park, or it could be a climbing wall at your local climbing center. No matter if you are climbing on boulders, with a fancy harness, a snow pile or a pile of cushions in your living room, think about how climbing takes time.

- 1 What is something you may have thought you have forgiven but it is still making you mad when you think about it?
- 2 Talk to someone about those feelings. Why do you still feel angry or hurt?
- 3 It takes time to restore a relationship. Write down how long you may need to feel 100% better. Whether it's a few days or even a few years, make it a goal to completely let go of your frustrated and hurt feelings.

