



# DIY

## FORGIVENESS IS UP TO YOU

PARENT CUE | PRETEEN | Week of March 29th

Learn more about what God says about forgiveness with your family.

First, watch this video  
<https://bit.ly/33JeYAV>

Then, follow up with the activity below!

### REMEMBER THIS

“Put up with one another. Forgive one another if you are holding something against someone. Forgive, just as the Lord forgave you.”  
Colossians 3:13 (NIV)

### LIFE APP

**FORGIVENESS:**  
deciding that someone who has wronged you doesn't have to pay

### BIBLE STORY

I Don't Want to Miss a Thing  
(Father and Older Brother)  
Luke 15:21-32

### SAY THIS

When has someone forgiven you?

## ACTIVITY: LET IT GO

#### WHAT YOU NEED:

wrapped piece candy or granola bar, cotton balls or small wads of paper

#### WHAT YOU DO:

Give your kid a wrapped piece of candy or granola bar and two cotton balls or paper wads. Ask them to think of a time when someone did something to make them mad. (They might not have to think that far back!) Compare this feeling to how angry the older brother was in today's story. Ask your kid to hold a cotton ball in each hand and imagine that the cotton balls represent the thing that made them angry. As they hold onto the cotton balls, ask them to try to unwrap the candy or granola bar. (Of course, they can't do it! But it's fun to let them try.)

Then, tell your kid to let go of the cotton balls and unwrap the candy. Just like you can't unwrap a piece of candy while holding onto cotton balls, you can miss out on something good if you hold onto your anger and refuse to forgive.

While your kid is enjoying their candy or granola bar, spend a few minutes discussing the following:

#### DISCUSSION QUESTIONS:

- \*Ask your kid to retell you today's story. (Look up Luke 15: 21-32 if they need a reminder.)
- \*What is a grudge?
- \*What can you miss out on if you don't forgive?
- \*What did the older brother miss out on because he stayed angry with his father?

## PRAYER

If it makes sense when you've finished your activity, spend some time in prayer. If not, try to pray together as a family some time before bed:

“God, thank You for always offering forgiveness to us, no matter what. Thank You for teaching us that when we stay angry instead of forgiving, we can miss out on some incredible experiences. When we feel like holding onto our anger, please help us realize it and let it go. We love You, God. Amen.”



PARENT  
CUE

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