

Forgiveness Activity

Materials: Paper, pen or pencil, and a trash can

Forgiving someone who wronged you isn't easy. Sometimes the other person doesn't realize how much he hurt you, or he isn't even sorry!



Distribute slips of paper and pencils. Prompt everyone to write about a time they were wronged. What happened? How did that make them feel? Allow a few minutes for them to write.

We learned today that God shows mercy to us so that we will show mercy to others. You can pray and ask God to help you forgive someone else. Thank Him for forgiving your sins.

Invite everyone to line up a few feet away from a trash can. Challenge them to crumple or tear up their papers and toss them into the trash can as a way to show they have chosen to forgive someone who wronged them.