

SEPTEMBER 6, 2026

Faith Like a Mustard Seed

Bible Story

Jesus Teaches About Faith

Scripture

Matthew 17:14–20

Worship Songs

God Knows What's Best (Kid Kardia)

<https://kidkardia.com/>

I Will Build (Kid Kardia)

<https://kidkardia.com/>

Memory Verse

"If you have faith as small as a mustard seed..."

Matthew 17:20

Bible Lesson

Jesus and His disciples had been traveling and teaching together.

One day, a man came to Jesus because his son was suffering from a serious problem. The man had already asked Jesus' disciples to help, but they had not been able to do it.

The man came to Jesus and asked Him for help.

Jesus responded with compassion.

He reminded everyone that faith in God matters.

The disciples were confused.

Later, when they were alone with Jesus, they asked Him why they hadn't been able to help the boy.

Jesus explained that they needed to trust God.

Then Jesus gave them an unforgettable picture of faith.

He said that if they had faith even as small as a mustard seed, they could say to a mountain, "Move," and it would move.

Jesus wasn't teaching that we should literally move mountains whenever we want.

He was showing them that **God can do things that seem impossible to us.**

A mustard seed is tiny.

But when it is planted, it can grow into something much larger.

Our faith can be like that.

It may begin very small.

We may not understand everything.

We may still have questions.

But when we trust God, listen to His Word, pray, and follow Him, our faith can grow stronger.

Interactive Adventure

You Are There...

Imagine you are standing with Jesus and His disciples.

A crowd has gathered around you.

People are talking excitedly because they have just watched Jesus do something amazing.

You notice one man standing nearby.

He looks worried.

He has brought his son because he desperately needs help.

The man approaches Jesus.

"Lord, please help my son."

Jesus listens carefully.

You can see the man's hope, but you can also see that he is afraid.

Decision 1

What should the man do?

- A.** Trust Jesus and ask Him for help.
- B.** Walk away because the problem seems too difficult.
- C.** Decide that nothing can be done.

If you chose **B** or **C**, think again.

The best answer is **A**.

The man brought his problem directly to Jesus.

Sometimes faith begins simply by saying, "**Jesus, I need Your help.**"

The man steps closer.

Jesus listens to him.

You watch as Jesus responds with compassion.

Afterward, you notice the disciples talking quietly among themselves.

They are confused.

They had tried to help earlier, but they weren't able to.

One of the disciples turns to Jesus and asks,

"Why couldn't we do it?"

Jesus explains that they needed greater faith and trust in God.

The disciples look at one another.

They realize that they had been depending on their own ability instead of completely trusting God.

Decision 2

What should you do when something seems too difficult for you?

A. Give up immediately.

B. Pretend you don't need anyone's help.

C. Pray and trust God to help you.

If you chose **A** or **B**, think again.

The correct answer is **C**.

Faith doesn't mean that we can do everything ourselves.

Faith means we recognize that we need God.

You bow your head and pray.

"God, I don't know what to do, but I trust You."

Jesus looks at His disciples.

Then He reaches down and picks up something incredibly small.

A mustard seed.

You can barely see it.

Jesus holds it between His fingers.

"Faith like this," He explains, "can accomplish great things."

You stare at the tiny seed.

How could something so small possibly become something great?

Jesus explains that the size of the seed isn't the important part.

What matters is trusting God.

Decision 3

What is Jesus teaching about the mustard seed?

A. We need to have the biggest faith possible before God will listen to us.

B. Even small faith can accomplish great things when we trust God.

C. Faith means we will never have problems.

If you chose **A** or **C**, think again.

The correct answer is **B**.

Jesus wasn't saying that Christians will never have problems.

He was teaching that we don't need to have perfect or enormous faith before we can trust God.

Even small faith can grow.

Jesus places the tiny seed in your hand.

He says,

"Faith grows when you trust God."

You think about your own life.

Maybe there are things you don't understand.

Maybe there are situations that make you nervous.

Maybe you've prayed about something and you're still waiting for an answer.

Jesus reminds you that you don't have to know everything.

You simply need to keep trusting Him.

Decision 4

How can you help your faith grow this week?

A. Pray, read God's Word, and trust Him one day at a time.

B. Only trust God when everything goes your way.

C. Stop praying whenever an answer doesn't come quickly.

If you chose **B** or **C**, think again.

The best answer is **A**.

Faith grows through a relationship with God.

Every time we pray, read His Word, obey Him, and choose to trust Him, our faith becomes stronger.

You look down at the tiny mustard seed.

It may be small today.

But with the right care, it can grow.

And your faith can grow too.

Discussion Questions

1. Why did the man come to Jesus?
2. Why were the disciples confused when they couldn't help?
3. What did Jesus teach them about faith?

4. Why did Jesus use a mustard seed as an example?
 5. What are some things we can do to help our faith grow?
-

Game

Mustard Seed Faith Challenge

Supplies

- Small paper cups
- Mustard seeds or small beads
- Spoons
- Two bowls
- Cones or markers

Divide the children into two teams.

Place a bowl containing mustard seeds or small beads at one end of the room and an empty bowl at the other.

The first child on each team uses a spoon to carefully carry one "mustard seed" across the room.

If the seed falls, the child returns to the starting point and tries again.

When the child successfully reaches the other bowl, they drop the seed inside and run back to tag the next teammate.

Continue until every child has had a turn.

After the game, show the children how small a mustard seed is.

Explain that Jesus used something tiny to teach a very big lesson.

Our faith may sometimes feel small, but we can continue trusting God and allowing our faith to grow.

Craft

Growing Faith Mustard Seed

Supplies

- Small paper cups or flowerpots
- Brown construction paper
- Green construction paper
- Glue
- Markers
- Small mustard seeds or yellow paper circles
- Cotton balls

Give each child a small paper cup or flowerpot.

Have them decorate the outside with the words:

"My Faith Is Growing!"

Create a small plant using green construction paper for the stem and leaves.

Place a tiny mustard seed or small yellow paper circle at the bottom of the plant.

On the leaves, children write ways they can help their faith grow:

- Pray
- Read the Bible
- Worship
- Obey God
- Trust God
- Help others

Explain that a plant doesn't become large overnight.

It grows little by little.

Our faith works the same way.

Closing Prayer

"Dear Jesus, thank You for teaching us that even small faith can make a big difference when we trust You. Help us not to become discouraged when our faith feels small. Help us pray, read

Your Word, obey You, and trust You every day. Grow our faith so that we can become more like You and trust You even when we don't understand what is happening. In Jesus' name, Amen."

Family Challenge

Find a small seed or take a picture of one this week.

Place it somewhere your family will see it each day.

Whenever you see the seed, remember to pray:

"Jesus, help my faith grow."

As a family, spend a few minutes each day praying and thanking God for one thing He has done.

At the end of the week, talk about how your faith grew through trusting God.

SEPTEMBER 13, 2026

Keep Your Eyes on Jesus

Scripture

Matthew 14:22–33

Big Idea

When we keep our eyes on Jesus, we can trust Him even when we are surrounded by fear and uncertainty.

Worship Songs

God's Not Done (Kid Kardia)

<https://kidkardia.com/>

Good God Almighty (Kid Kardia)

<https://kidkardia.com/>

Memory Verse

"Take courage! It is I. Don't be afraid."

Matthew 14:27

Bible Lesson

After Jesus had finished teaching the crowds, He told His disciples to get into a boat and go ahead of Him to the other side of the Sea of Galilee.

Jesus went up onto a mountainside by Himself to pray.

As the disciples crossed the lake, the weather changed.

The wind became stronger.

The waves grew larger.

The boat was being pushed around by the rough water.

The disciples were far from shore, and they were struggling to keep the boat under control.

During the early morning hours, Jesus came toward them, walking on the water.

When the disciples saw Him, they were terrified.

They thought they were seeing a ghost.

Jesus called out to them,

"Take courage! It is I. Don't be afraid."

Peter wanted to know that it really was Jesus.

"Lord, if it's You," Peter said, "tell me to come to You on the water."

Jesus said,

"Come."

Peter stepped out of the boat.

For a moment, Peter actually walked on the water toward Jesus.

He was doing something impossible because he was focused on Jesus.

But then Peter looked at the wind and the waves.

He became afraid.

As soon as he stopped focusing on Jesus and focused on the storm, he began to sink.

Peter cried out,

"Lord, save me!"

Jesus immediately reached out His hand and caught him.

Jesus didn't abandon Peter when he became afraid.

Instead, Jesus rescued him and taught him an important lesson about faith.

When we focus on Jesus, we can move forward in faith.

When we allow fear to become our focus, we can become overwhelmed.

Interactive Adventure

You Are There...

Imagine you are sitting in the boat with Peter and the other disciples.

It is dark outside.

The boat rocks beneath you.

Wind blows across the water.

Rain begins hitting your face.

You grip the side of the boat while the disciples work together to keep moving.

Then someone points toward the water.

"Look!"

Everyone turns.

There is someone walking toward the boat.

Decision 1

What should you do?

A. Panic and assume the worst.

B. Stay calm and listen to what the person says.

C. Jump out of the boat and swim away.

If you chose **A** or **C**, think again.

The best answer is **B**.

The disciples were frightened, but Jesus wanted them to listen.

Then you hear a familiar voice.

"Take courage! It is I. Don't be afraid."

You recognize Jesus.

The fear in the boat begins to disappear.

Peter steps toward the side of the boat.

Peter looks directly at Jesus.

"Lord, if it's You, tell me to come to You on the water."

Jesus simply says,

"Come."

Peter takes a deep breath.

He places one foot over the side.

Then the other.

He steps onto the water.

You can't believe your eyes.

Peter is walking toward Jesus!

Decision 2

What should Peter focus on?

- A.** Jesus.
- B.** The wind and waves.
- C.** What everyone else in the boat thinks.

If you chose **B** or **C**, think again.

The correct answer is **A**.

Peter is able to move forward because his attention is on Jesus.

He takes another step.

Then another.

But suddenly a huge wave crashes nearby.

Peter looks away from Jesus.

He notices how strong the wind is.

He realizes how deep the water is.

Fear begins to take over.

Peter begins to sink.

"Lord, save me!" he cries.

Jesus immediately reaches out His hand.

He grabs Peter and pulls him back up.

Peter is safe.

Decision 3

What should Peter have remembered when he became afraid?

- A.** That the storm was stronger than Jesus.

B. That he needed to get away from Jesus.

C. That Jesus was still right there with him.

If you chose **A** or **B**, think again.

The correct answer is **C**.

The storm was frightening, but Jesus was still with Peter.

Peter's fear did not make Jesus leave.

Jesus reached out and rescued him.

Jesus and Peter climb into the boat.

The wind suddenly becomes calm.

The disciples stare at Jesus in amazement.

They realize that Jesus is more powerful than the storm.

You think about what just happened.

Peter didn't have to be fearless.

He simply needed to keep trusting Jesus.

Decision 4

What should you do when something makes you afraid?

A. Focus on the problem until it becomes even bigger.

B. Pray, remember Jesus is with you, and keep trusting Him.

C. Pretend you aren't afraid.

If you chose **A** or **C**, think again.

The best answer is **B**.

Being afraid doesn't mean you don't have faith.

Faith means choosing to trust Jesus even when you are afraid.

Just as Jesus reached out His hand to Peter, He is with us when we face difficult situations.

Discussion Questions

1. Why were the disciples afraid on the lake?
 2. Why did Peter want to get out of the boat?
 3. What happened when Peter took his eyes off Jesus?
 4. How did Jesus respond when Peter cried for help?
 5. What can you do when fear starts taking your attention away from Jesus?
-

Game

Keep Your Eyes on Jesus

Supplies

- Paper plates or index cards
- Cones
- Small beanbags
- A Bible

Create a simple obstacle course in the room.

Place a Bible at the end of the course to represent Jesus.

Children take turns walking through the course while carrying a small beanbag on a paper plate.

The teacher can gently create distractions by calling out things like "Look over here!" or "Watch the storm!"

The child must continue moving while keeping their eyes focused toward the Bible at the end of the course.

If the beanbag falls, the child picks it up and continues.

After everyone has had a turn, explain that Peter became afraid when he stopped focusing on Jesus and focused on the storm instead.

We will face distractions, worries, and difficult situations too. Keeping our eyes on Jesus means continuing to trust Him even when things around us become difficult.

Craft

Eyes on Jesus

Supplies

- Paper plates
- Markers
- Blue construction paper
- Glue
- Scissors
- String or yarn

Give each child a paper plate.

Have them decorate it to look like a large eye.

Inside the eye, write:

"Keep Your Eyes on Jesus."

Underneath, write:

Matthew 14:27

Children can decorate the background with waves and a small boat.

Around the outside of the eye, have them write things that can sometimes make them afraid:

- School
- New situations
- Being alone
- Making friends
- Difficult decisions

Explain that these things are real, but they don't have to control us.

We can look to Jesus and trust Him.

Closing Prayer

"Dear Jesus, thank You for always being with us. When we are afraid, help us remember that You are greater than anything we face. Help us keep our eyes on You instead of focusing only on our problems. Give us courage to step forward in faith and trust You even when we don't know what will happen next. Thank You for reaching out to us when we need You. In Jesus' name, Amen."

Family Challenge

Choose one place in your home where everyone will see the words:

"Keep Your Eyes on Jesus."

Whenever someone in the family feels worried or afraid this week, stop and pray together.

Ask:

"What would it look like to trust Jesus with this?"

Then thank God for being with your family through every situation.

SEPTEMBER 20, 2026

Don't Give Up Praying

Bible Story

The Persistent Widow

Scripture

Luke 18:1–8

Big Idea

God wants us to keep praying, keep trusting, and never give up—even when we don't see an answer right away.

Worship Songs

Good Good Father (Kid Kardia)

<https://kidkardia.com/>

God Knows What's Best (Kid Kardia)

<https://kidkardia.com/>

Memory Verse

"Then Jesus told His disciples a parable to show them that they should always pray and not give up."

Luke 18:1

Bible Lesson

Jesus wanted His disciples to understand something very important about prayer.

Sometimes we pray about something and expect an answer immediately.

But sometimes we have to wait.

Sometimes we may wonder if God has heard us.

Jesus told His disciples a story about a widow who needed help.

In Jesus' time, widows could face very difficult circumstances, especially when they didn't have someone to speak up for them.

This woman had a problem that needed to be made right.

She went to a judge and asked him to help her.

But the judge didn't care about doing what was right.

He refused to help her.

But the woman didn't give up.

She came back again.

And again.

And again.

Eventually, the judge realized that she wasn't going to stop asking.

He finally agreed to help her.

Jesus wasn't saying that God is like the unfair judge.

Quite the opposite.

Jesus was teaching that if even an unjust judge eventually responded to someone who kept asking, **how much more will our loving God hear His children when they pray?**

God isn't annoyed when we come to Him.

He wants us to pray.

He wants us to trust Him.

And He wants us to keep coming to Him even when we have to wait.

Sometimes God's answer is **yes**.

Sometimes it is **no**.

Sometimes it is **wait**.

But whatever His answer is, we can trust that God knows what is best.

Interactive Adventure

You Are There...

Imagine you are walking through a small village.

You notice a woman standing outside a building.

She looks determined.

She walks toward a judge and asks him to help her with an important problem.

The judge listens but doesn't seem interested.

He refuses to help.

The woman walks away.

You assume she is finished.

But the next day, you see her again.

She's back at the judge's door.

Decision 1

What do you think the woman should do?

A. Give up because the judge already said no.

B. Keep asking the judge for help.

C. Get angry and stop talking to anyone.

If you chose **A** or **C**, think again.

The best answer is **B**.

The woman believes her situation matters, so she continues asking for help.

She doesn't know when the judge will respond, but she refuses to give up.

The next day she returns.

The judge sees her coming.

He sighs.

"You again?"

The woman calmly explains her situation.

The judge still refuses.

But she comes back the next day.

And the next.

You begin wondering how long she will continue.

Decision 2

What does the woman's persistence teach you about prayer?

A. We should only pray once.

B. We should stop praying if God doesn't answer immediately.

C. We can keep praying and trusting God even when we have to wait.

If you chose **A** or **B**, think again.

The correct answer is **C**.

Jesus wants His followers to understand that prayer isn't something we do only when we need something immediately.

We can continue talking with God while we wait.

Finally, the judge realizes that the woman isn't going to stop asking.

He decides to give her the help she needs.

You are amazed.

The woman didn't give up.

Jesus then explains why He told this story.

He wants His followers to understand that they should **always pray and never give up**.

You think about something you've been praying about.

Maybe you've asked God to help a friend.

Maybe you're praying about something happening at school.

Maybe you've been asking God to help your family.

You have prayed many times, but you still don't know what God is going to do.

Decision 3

What should you do when you don't see an answer right away?

A. Stop praying because God must not hear you.

B. Keep praying and trust that God hears you.

C. Decide that prayer doesn't matter.

If you chose **A** or **C**, think again.

The correct answer is **B**.

God hears our prayers.

Waiting doesn't mean God has forgotten us.

Sometimes God is working in ways we can't see.

As you continue thinking about prayer, you realize something important.

The goal isn't to force God to give us exactly what we want.

Prayer is about trusting Him.

Jesus wants us to bring our requests to God while remembering that God knows what is best.

Decision 4

What is the best attitude to have when you pray?

- A.** "God, give me exactly what I want."
- B.** "God, I trust You, even when I don't understand."
- C.** "God, I'll trust You only if You answer quickly."

If you chose **A** or **C**, think again.

The best answer is **B**.

Faith means trusting God with the answer.

We can ask boldly.

We can pray again and again.

But we can also say,

"God, I trust You with the outcome."

The persistent widow reminds us not to give up.

And Jesus reminds us that our Heavenly Father hears us.

Discussion Questions

1. Why didn't the widow give up?
 2. Was the judge a good and fair person?
 3. Why did Jesus tell this story?
 4. What should we do when God doesn't answer our prayer immediately?
 5. What does it mean to trust God with the answer?
-

Game

Don't Give Up!

Supplies

- Plastic cups
- Small balls or beanbags
- Two baskets
- Cones

Set up two simple throwing stations.

Place a basket several feet away from each team.

Children take turns trying to toss a ball into the basket.

The first attempt may be easy, while the teacher can gradually move the basket farther away.

If a child misses, they don't sit down or leave the game. They simply retrieve the ball, try again, and keep going.

Continue until everyone has had several opportunities.

After the game, explain that the point isn't who gets the ball in the basket first.

The point is learning to **keep trying**.

Connect the game to prayer.

Sometimes we pray and don't see an answer immediately. That doesn't mean we should give up.

Jesus teaches us to keep praying and keep trusting God.

Craft

Prayer Never Give Up Bracelet

Supplies

- Pipe cleaners
- Pony beads
- Letter beads (optional)
- Small paper tags
- Markers

Give each child a pipe cleaner and several beads.

As they create their bracelet, explain that the bracelet will remind them to keep praying.

If letter beads are available, spell:

PRAY

On a small paper tag, write:

"Pray and Don't Give Up!"

Attach the tag to the bracelet.

Encourage the children to wear the bracelet during the week.

Whenever they notice it, they can stop and pray about something that's important to them.

Remind them that prayer isn't about making God do what we want.

Prayer is about talking with God, trusting Him, and bringing our needs to Him.

Closing Prayer

"Dear God, thank You for always hearing us when we pray. Help us to remember that You love us and that You know what is best. When we don't see an answer right away, help us keep praying and trusting You. Give us patience while we wait and faith to believe that You are working even when we can't see it. Thank You for always being with us. In Jesus' name, Amen."

Family Challenge

Choose one prayer as a family that you will continue praying about throughout the week.

Write it on a piece of paper and place it somewhere everyone can see it.

Each day, pray together and add:

"God, we trust You with the answer."

At the end of the week, talk about how it felt to keep praying and trusting God while waiting.

SEPTEMBER 27, 2026

Choosing Forgiveness

Bible Story

Joseph Forgives His Brothers

Scripture

Genesis 45:1–15

Big Idea

Forgiveness can be difficult, but God calls us to forgive others and show them the same kind of grace He has shown us.

Worship Songs

Forgiveness (Kid Kardia)

<https://kidkardia.com/>

Good Good Father (Kid Kardia)

<https://kidkardia.com/>

Memory Verse

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Ephesians 4:32

Bible Lesson

Joseph's life had been filled with difficult experiences.

When Joseph was younger, his brothers became jealous of him.

They treated him terribly and eventually sold him to people traveling to Egypt.

Joseph was taken far away from his family.

He had every reason to feel hurt and angry.

But God was with Joseph.

Over time, Joseph became an important leader in Egypt.

Years later, a severe famine came across the land.

Joseph's brothers traveled to Egypt because they needed food.

They didn't recognize Joseph.

But Joseph recognized them immediately.

Imagine how Joseph must have felt.

These were the brothers who had hurt him and sent him away.

Joseph now had great power.

He could have treated them badly.

He could have punished them.

Instead, Joseph chose a different path.

Eventually Joseph could no longer hide his emotions.

He told his brothers who he was.

His brothers were terrified.

They thought Joseph would be angry with them.

But Joseph told them not to be afraid.

He explained that although they had intended to harm him, God had been working through everything that happened.

Joseph chose forgiveness instead of revenge.

He hugged his brothers and wept with them.

Joseph understood that forgiveness doesn't mean pretending that something wrong never happened.

It means choosing not to hold onto revenge and allowing God to help heal our hearts.

Joseph's story reminds us that God can bring good even out of painful situations.

And when we forgive others, we reflect God's grace and become more like Jesus.

Interactive Adventure

You Are There...

Imagine you are standing inside a large room in Egypt.

A group of visitors has just arrived asking for food.

You recognize something about them.

Their faces look familiar.

You suddenly realize they are your brothers.

The same brothers who hurt you years ago.

They don't recognize you.

You remember everything that happened.

For a moment, you feel angry.

Then you remember how God has cared for you through every difficult part of your life.

Decision 1

What should you do?

- A.** Immediately punish your brothers.
- B.** Ask God to help you respond with wisdom instead of anger.
- C.** Send them away without giving them food.

If you chose **A** or **C**, think again.

The best answer is **B**.

Joseph had every reason to be hurt, but he didn't let anger control his response.

He needed God's help to know what to do.

You decide not to act out of anger.

Instead, you quietly watch your brothers.

They still don't know who you are.

You hear them talking about their family back home.

They talk about their father.

You realize they are carrying guilt about something that happened years ago.

Your heart begins to soften.

Later, Joseph's brothers return.

This time Joseph decides they need to know the truth.

He sends everyone else out of the room.

Now Joseph and his brothers are alone.

Joseph looks at them.

He knows this is the moment when he could choose revenge—or forgiveness.

Decision 2

What should Joseph do?

- A.** Tell his brothers how much he hates them.
- B.** Pretend he doesn't know them.
- C.** Tell them who he is and offer them forgiveness.

If you chose **A** or **B**, think again.

The correct answer is **C**.

Joseph chooses to reveal himself.

His brothers are shocked.

They become afraid because they remember what they did to him.

But Joseph doesn't use his power to hurt them.

Instead, he chooses forgiveness.

Joseph's brothers are standing silently.

They don't know what to say.

Joseph tells them not to be afraid.

Then he explains something they never expected to hear.

Joseph says that God had been working through the difficult things that happened.

Joseph wasn't saying that what his brothers did was right.

It wasn't.

But Joseph had learned that God could still bring good out of something painful.

Decision 3

What does forgiveness mean?

- A.** Pretending that the wrong thing never happened.
- B.** Choosing to let go of revenge and trusting God with the hurt.
- C.** Saying that what happened was okay.

If you chose **A** or **C**, think again.

The correct answer is **B**.

Forgiveness doesn't mean saying that wrong actions are acceptable.

It means choosing not to seek revenge and allowing God to help us respond with grace.

Sometimes forgiveness takes time and prayer.

Joseph looks at his brothers.

Instead of pushing them away, he moves toward them.

He embraces them.

The brothers begin to cry.

Years of separation and pain are finally being replaced with forgiveness and reconciliation.

Joseph realizes that God has brought his family back together.

Decision 4

Someone hurts your feelings this week.

What should you do?

- A.** Get revenge so they know how you feel.
- B.** Hold onto the anger and refuse to speak to them.
- C.** Talk to a trusted adult, pray about what happened, and ask God to help you forgive.

If you chose **A** or **B**, think again.

The best answer is **C**.

Forgiveness doesn't mean that you have to handle difficult situations alone.

If someone hurts you, especially in a serious or unsafe situation, tell a trusted adult.

You can pray and ask God to help you forgive while also getting the help you need.

Joseph's story teaches us that forgiveness is a choice we can make with God's help.

Discussion Questions

1. Why were Joseph's brothers afraid when they discovered who he was?
 2. Why could Joseph have chosen revenge?
 3. What did Joseph choose instead?
 4. Does forgiving someone mean that what they did was okay?
 5. Why is it sometimes helpful to talk to a trusted adult when someone hurts us?
 6. How can prayer help us forgive?
-

Game

Forgiveness Toss

Supplies

- Paper balls
- Two baskets or buckets
- Index cards
- Markers

Before class, write simple situations on index cards, such as:

- Someone says something unkind to you.
- A friend accidentally breaks something you made.
- Someone leaves you out of a game.
- A sibling takes something without asking.
- Someone apologizes after making a mistake.

Place the cards in a basket.

Divide the children into two teams.

One child from each team chooses a situation and reads it aloud.

The child then explains one healthy, forgiving response before tossing a paper ball into the team's basket.

For example:

"If my friend says something unkind, I can tell them that it hurt my feelings, forgive them, and choose not to get revenge."

If a situation involves something serious, unsafe, or ongoing, explain that forgiveness doesn't mean keeping it secret. Children should tell a trusted adult who can help.

Continue until everyone has had a turn.

After the game, remind the children that forgiveness is not pretending something wrong didn't happen.

Forgiveness means choosing not to seek revenge and trusting God to help us respond in a Christlike way.

Craft

Forgiveness Heart

Supplies

- Construction paper
- Markers
- Scissors
- Glue
- Small pieces of paper
- Crayons

Have each child cut out a large heart from construction paper.

At the top of the heart write:

"I Choose Forgiveness"

Inside the heart, have children write:

"God, help me forgive."

Around the outside, they can write words that describe forgiveness:

- Grace
- Kindness
- Patience
- Mercy
- Love
- Peace

Have the children decorate their hearts.

Remind them that forgiveness doesn't mean pretending that wrong things don't matter.

It means choosing to let go of revenge and asking God to help us respond with grace.

If someone has hurt us in a serious or unsafe way, we should always tell a trusted adult.

Closing Prayer

"Dear Jesus, thank You for forgiving us and showing us grace. Help us forgive others when they hurt us. Give us wisdom to know how to respond when we are angry or disappointed. Help us remember that forgiveness doesn't mean that wrong actions are okay, but it does mean that we can choose not to seek revenge. Help us trust You with our hurt and become more like You. In Jesus' name, Amen."

Family Challenge

As a family, talk about what forgiveness means.

Each person can think of one situation where they need God's help to forgive someone.

Pray together:

"God, help us forgive as You have forgiven us."

Remind children that if someone has hurt them in a serious, unsafe, or ongoing way, they should always tell a trusted adult. Forgiveness and getting help can happen together.