

Lesson Plan

October 25th, 2026

This Month's Truth: I Am Forgiven

Bible Story: The Forgiving God (Psalm 103)

Theme Verse: "As far as the east is from the west, so far has he removed our transgressions from us." (Psalm 103:12)

Teachers rally with your team a few minutes before kids start to arrive: Rally is a pre-service time for you to be expectant and equipped before the kids start arriving. Go over the lesson and any ideas for the day. Pray over your space and for the kids that will be coming that they will be connected to the person of Jesus.

Share: We get to teach kids today that God's forgiveness shows His grace—the undeserved love God shows to people. (Read Psalm 103:8.) Let's help kids learn that God's grace is nothing we could ever deserve, yet He gives it freely and fully because He sent Jesus to pay the price for sin. God's grace demonstrates His love and compassion for us.

Pray: Lead the group in prayer, thanking God for the team and inviting Him to work in big ways and in the hearts of kids today.

Pre Service

Arrival time, please use this time to build relationships with kids and encourage them to build relationships with one another.

Service

What To Do:

- **Teacher** Start 5-minute countdown **5 minutes prior to service start time.**

Teacher Opener: Hey everyone! My name is ____, and I am so glad to be here with you today! Turn to your neighbor and ask, "Are you ready to have some fun?" (Are you ready to have some fun?) Give that neighbor a fist bump and say, "Yes, I am!" (Yes, I am!) Today we are going to learn how God gives us a fresh start! Let me hear you say, "Fresh start!" (Fresh start!) So fresh! Now let's jump into some fun!

Five Cup Flip

Leader Prep: Set the tables at the front with the long sides facing the audience. Place five cups, facedown, on each table and place a table tennis ball on the top of each cup.

Game Rules:

1. Divide the class into six even teams. (If you cannot do six teams, divide them however is needed.) **Leader Tip:** Consider organizing teams in different ways, such as grades or boys versus girls.
2. Invite three players from each team to the front, directing players to line up behind one of the tables.
3. Start the game.
4. Direct the first player on each team to turn over one cup at a time, placing the table tennis balls inside each cup. Challenge the next players to turn each of their cups back over, placing the table tennis balls back on top of the cups, while the next players will again reverse the action. (They will be flipping the cup to catch the ball then flipping it over to land the ball on the bottom of the cup.)
5. Instruct each player to flip cups for two turns. The first team to finish wins.
6. Play again as time allows.
7. Lead a final championship round with the winners from each game.

What To Do: We have a fun game challenge called “Five-Cup Flip!” To play this game, we need three players from each team for the first round to come to the front. (Select players and line them up behind the tables.)

When I say, “Go!” the first player on each team will turn over your cups one at a time and put each cup’s table tennis ball inside. As soon as you are done, hurry to the back of your line because the next player will turn the cups back over, placing the table tennis balls back on top of each cup. Then the third player on your team will—you guessed it—flip the cups back over and place the table tennis balls back inside. Each player will flip your team’s cups two times. How many times? (Two!) Right! The first team to finish wins.

Everyone else, cheer on your teams! 3-2-1 Go!

(Allow kids to play, cheering and keeping the energy high. Announce the winning team and allow those players to stand to the side while the other players sit down.)

Community Big Kids

We have three more teams who need to compete so we can have a championship round with our first winning team. So let's get three players from the other three teams for the second round to come to the front. (Invite players.)

You already know how to play, so let's see you get flipping in 3-2-1 Go!

(Allow kids to play, cheering and keeping the energy high. Announce the winning team, inviting those players to stay while the others sit down.)

Time for the championship! (Choose new players to compete in the championship round depending on how many kids you have.) We've got ____ versus _____. Who will win? Teams, line up behind a table. Everyone else, get ready to cheer. Let's play in 3-2-1 Go!

(Allow kids to play, cheering and keeping the energy high. Announce the winning team.)

Congratulations to ____! Let's cheer for all our players as these teams sit down. (Allow time.) Like how the players in our game took turns and started each round ready to play, God does something even better for us. When we make wrong choices, God forgives us and gives us a fresh start—a clean slate. We don't stay stuck in our wrong choices. We get to experience God's forgiveness every time we ask! Say, "I am forgiven!" (I am forgiven!) When we make wrong choices, we can know that God does not leave us stuck and alone. Instead, He loves and forgives us and lets us keep going with a fresh start and clean slate when we ask. Everyone, say, "Fresh start!" (Fresh start!)

Transition Script to go into the Intro Video: Have you ever invented something or made anything from scratch? Many people like to turn different spaces, like sheds or garages, into their own personal Do-It-Yourself creative spaces. And that's what the star of our video, DIY Dan, has done! To get our video started, say, "Let's DIY!" (Let's DIY!)

Play Intro Video

What You Say: DIY Dan broke his son's invention, which was disappointing. Give a thumbs-down and say, "That's too bad!" (That's too bad!) But when DIY Dan's son, David, saw what happened, he did not get mad at his dad. Instead, David forgave him. Give a thumbs-up and say, "Great job!" (Great job!) Even though DIY Dan did not do anything to earn David's forgiveness, David forgave him anyway. That reminds us of grace, which is God's undeserved love and forgiveness.

When it comes to God, He shows us grace too! Point to yourself and say, "Who, me?" (Who, me?) Yes, you! God loves us even when we do not deserve it, and He shows us grace by forgiving us for our wrong choices. Everyone, say, "God can give me grace!" (God can give me grace!) God does not stay angry or hold our wrong choices against us. God loves and forgives us, no matter what. Grace is amazing!

Worship

What You Say: Worship is telling and showing God how great, special, and wonderful He is. It means giving God the highest worth because of who He is and what He has done. Think of it as a giant "thank you" and a celebration party for God. So, let's all come together and worship God this morning.

What To Do:

- Turn lights off
- 2 songs of worship
- **Teachers and Small Group Leaders worship with the kids, modeling what it looks like to give God our praise. Stand in the front of the room, or next to the kids- but not in the back.**
- Dismiss the kids back to their seats when the songs are over

What To Do:

- Have the kids **open up** a physical Bible and find the Bible story for that day.
- Use the Bibles provided in the classroom if a kid does not have their own Bible with them.

Transition Script to go into the Bible Story Video: (Open the Bible to Psalm 103.) Today we are going to hear a story from the Bible about God's grace. A story from where? (The Bible!) That is right! The Bible is God's true message to us about Himself. We get to hear today's Bible story from a school counselor named Mr. Kirkman. The Bible story comes from Psalm 103. Psalm what? (103!) Right! A psalm is a special song written to or about God, and today, we are going to learn about a psalm that talks about God's amazing forgiveness and grace to us. Let's get our Bible story started by saying, "I am forgiven!" in 3-2-1! (I am forgiven!)

Play Bible Story Video

Questions to consider asking after the video:

- What is something that you learned about God from the video?
- What is something that you learned about people?
- What can you take away from the video?
 - How can you apply the lesson from today into your life?

Making The Connection Script: Psalm 103 teaches us that God is kind, loving, and slow to get angry. God removes our transgressions, or sins, far from us. Sin is when we choose to do what we think is best rather than follow what God says is best. Sin is a big deal, but God's grace and love are bigger. God forgives us and does not hold the wrong choices we make against us. No matter what wrong choice we make, God can forgive us.

And the best part? We do not have to clean ourselves or make ourselves better to earn His forgiveness. We cannot earn forgiveness by being perfect or making all the right choices. God gives us forgiveness because He loves us, even when we do not deserve it. That is grace—God's amazing love that we do not earn or deserve. Let me hear you say, "God can give me grace." (God can give me grace!) That is right! Because of God's grace, we get a fresh start. No matter what wrong choices we make, God is ready to forgive us and help us forgive ourselves. He helps us let go of guilt and shame and, instead, gives us a fresh start. Say, "Fresh start!" (Fresh start!) When we understand grace, it can change how we live. We do not have to stay stuck in guilt or shame. We can trust God, ask for forgiveness, and let Him make things right again.

God has always had a plan to show His grace to people, even when they did not deserve it.

Use the Three Circle Graphics on the Playlist

(Circle 3) Before the world was even made, God and His Son, Jesus, had a plan to show love and forgiveness. When the right time came, God sent Jesus to share His love and forgiveness with the world. Jesus died on a cross, taking the punishment we deserve for our sin and wrong choices. When Jesus came back to life, He showed that He is more powerful than sin and death. He made the way for us to enjoy a relationship with God and His love and forgiveness forever.

(Circle 2) Our sinful, wrong choices break our relationship with God. Since God is holy and perfect, sin makes Him angry because it goes against His perfect design. We can try and try, but we cannot fix our sin problem on our own. But because of God's grace—His undeserved love and forgiveness—we do not have to try to prove ourselves and earn His love. Instead, when we make wrong choices, we can turn to God and ask for forgiveness. He always says yes to forgiveness and removes our sin as far as the east is from the west! He is no longer angry

because He forgives us and gives us a fresh start!

We cannot earn forgiveness and do not deserve it, but that is God's amazing grace toward us. In another book of the Bible called Romans, chapter five, verse eight it says, "But God proves his own love for us in that while we were still sinners, Christ died for us." Jesus died for us even when we were still broken by sin. That is grace, and God's grace is amazing! Everyone, say, "I am forgiven!" (I am forgiven!)

(Circle 1) When we trust and follow Jesus, we experience His grace and forgiveness. Like we read in Psalm 103, God has compassion for us. He gives us grace, no matter what wrong choice we have made. In the very beginning, God created everything perfect and made people to have a perfect relationship with Him. While sin broke that perfect relationship, one day Jesus will return and make everything right and perfect again. Until then, we can keep enjoying God's underserved love and forgiveness and allow Him to help us love and follow Him.

So what does this mean for you and me? Sin can make us feel bad. We feel sad, ashamed, guilty, and embarrassed. But we cannot out-sin God's love. When we feel guilty over sin, we can remember God's amazing grace—the truth that He loves and forgives us, even when we do not deserve it. We can respond by confessing our sin to God and asking Him to forgive us, then turning away from our sin to follow His way instead. God gives us a fresh start and exchanges our shame and guilt for His love, grace, and forgiveness. He helps us make right choices that honor Him and show His grace to other people. That is what real forgiveness looks and feels like. It frees us from guilt, helps make things right, and fills our hearts with peace and joy.

You can talk to me or your Small Group Leader about what it means to follow Jesus and respond to His forgiveness. Ask questions, share your thoughts, or just talk about what you are learning.

God's love is bigger than our wrong choices, and it is nothing we can earn. He gives us a fresh start and helps us live the way He made us to live. Let me hear you say, "Amazing!" (Amazing!) His grace is always with you, and every day is a chance for a fresh start. Say, "God can give me grace!" (God can give me grace!)

Theme Verse Review:

Theme Verse Motions:

As far as the east is from the west, (Bring your right arm to your side with elbow bent and palm facing out, then do the same with the left.)

so far has he removed our transgressions from us. (Push your right arm straight out and around to the right with palm facing out, then do the same with the left, pushing it to the left.)
Psalm 103:12 (Hold both hands out like a book.)

What You Say: Everyone, let's learn our Theme verse along with DIY Dan! This Bible verse reminds us that God gives us *grace*—His undeserved love—which helps us start fresh. Our Theme verse is from today's Bible story, which is awesome!

Play Theme Verse Video

What You Say: Fantastic work! That word transgressions is another way to talk about sins and wrong choices. This Bible verse teaches us something really important about God. God removes our transgressions, or sins, as far as the east is from the west, which means so far that we cannot even measure the distance! The fact that He removes our sins so far and completely is an example of His undeserved love and forgiveness. When we remember God gives us grace, we can start fresh and trust Him every day. Say, "God can give me grace!" (God can give me grace!)

Large Group Closing:

What You Say: Today we learned that we can be forgiven by God, and God gives us grace. That means no matter what wrong choices we make, God will love us, forgive us, and help us start fresh as His children. We do not have to clean ourselves up first. We do not have to prove ourselves or earn God's love and forgiveness. Grace is a gift we cannot earn. God's grace changes our hearts and helps us live the way He made us to live. Repeat after me, "God can give me grace!" (God can give me grace!) Psalm 103 shows that God really is a loving and forgiving God, and we see that through His Son, Jesus. Jesus made the way so that we can enjoy God now and forever through His forgiveness. Now, let's take a moment to talk with God and thank Him for His forgiveness and grace to us. Let's pray together in 3-2-1.

Closing Prayer: God, thank You for sending Your Son, Jesus, to take the punishment for our sin while we were still sinners. Thank You that You are a forgiving God who is full of grace. Help us remember that You love us, offer to give us a fresh start, and help us turn from sin to follow You. Amen.

Transition to Small Group Time: Split the kids into small groups. This can be done either by age, grade, or gender.

Small Group Time:

Option #1: Connection Questions

What To Do: Let's discuss and discover more about God's grace and the fresh start He offers us!

1. What would you do if someone gave you a total surprise, out-of-the-blue present for no reason, like you did nothing to earn or deserve it? (Allow answers and share your own.)
2. The Bible tells us that God can give us grace. Let's open our Bibles to **Psalm 103:8** and read about it together. (Invite kids to open their Bibles. Read the Bible verse aloud or invite a kid who volunteers to read the Bible verse aloud. Be sure to have Bibles available for kids who need one. Help kids find the Bible verse so everyone can follow along together.) Compassion means that God sees the suffering we experience because of sin and takes action to help, which He does through forgiveness. He is not easily angered, and He has so much love for us! How can remembering God's compassion and grace help when you make wrong choices? (We can remember that God loves and forgives us when we do not deserve it. We can know that God will always love and forgive us, which is why He sent Jesus.)
3. Our Bible story from Psalm 103 talked about how God is forgiving. What do you think it is like to experience God's forgiveness? What happens and what changes? (Allow answers and share your own.)
4. The Bible tells us that God gives us a fresh start when He forgives us! What is something you learned today? Is there anything you have questions about? (Allow kids to answer and share your own answer.)

Option #2: Psalm 103:8 bookmark

What To Do: We are making something fun today that will remind us of our Bible story and to remind us of who God is. We are going to be making bookmarks. On our bookmarks they say "God is. . . Compassionate, Gracious, Slow to anger, and Abounding in love".

We are going to color our bookmarks. Next we are going to hole punch the top and bottom of our bookmark. Now we are going to thread string through the holes and attach a bead to the top or bottom of the bookmark. Leave some string at the top and make a knot. Make a knot at the bottom so the bead stays attached.

Loud And Clear: Today's craft reminds us of something important. It reminds us of who God is. He is compassionate, gracious, slow to anger, and abounding in love. God is always ready to forgive us and help us follow Him. We do not have to be perfect or do a bunch of good things to earn God's love and forgiveness. That is why we say that God can give us grace! Grace is God's undeserved love and forgiveness. Psalm 103 tells us that God is loving and forgiving. No matter what wrong choices we make, we do not have to earn God's love or prove ourselves to Him. Instead, God gives us grace and a fresh start! Say, "God can give me grace!" (God can give me grace!)

Option #3: Activity Page

What To Do: This activity page helps us remember some big things we have learned about today. As you color and work on activities, talk to a friend about some of your favorite parts of our time together.

Leader Tip: Use this time to get to know the kids better. Ask them what they remember about the Bible story or remind them that God's grace is His undeserved love and forgiveness. We do not have to earn God's love and forgiveness.

Loud and Clear: Psalm 103 shows us that God forgives us and gives us compassion and grace. That means His forgiveness is not just for people long ago, it is for you and me today! Jesus came to forgive our sins and give us a fresh start! Remember that He gives you His love and forgiveness freely.

Close out in prayer:

What To Do:

- Ask for any specific prayer requests
- Pray with the group
- Lead the group in the prayer below.

What You Say: God, thank You for Your love and forgiveness, which we do not deserve and cannot earn. Help us turn to You when we make wrong choices and live the way You designed us to live. Thank You for always being with us and for giving us a fresh start. Amen.

Dismissal:

Community Big Kids

Leader Tip: Work with your team to dismiss the kids in a fun, manageable, and safe way. As kids leave, make sure they have all of the crafts and papers. Share with the person picking them up something positive you observed today. Invite them back next week.