# Just for Kids!



## What is Forgiveness?

"Forgiveness" comes from an old English word meaning to pardon. If you forgive, you decide not to be angry at someone who has hurt you and to hold nothing against him or her. It isn't that you pretend he or she didn't hurt you, but you choose to overcome wrong with good.

It is important to forgive right away, even if you don't feel like it. Forgiveness isn't based on our feelings, but on our choice to forgive. If we don't forgive, we may become angry and bitter when we are older. If you do something kind for someone who has hurt you, it helps you to have better feelings for that person.

The second part of forgiveness is to ask for forgiveness when you have hurt someone else. Be sure to ask them how you hurt them, then admit the wrong you have done and ask if they will forgive you.

## "Forgiveness" vs. rejection

***"Clearing the record of those who have wronged me and not holding a grudge."***

***I will:***

- ***Be quick to forgive.***
- ***Not cover up my own wrongs but will be quick to ask for forgiveness.***
- ***Not seek revenge.***
- ***Respond kindly to those who hurt me.***
- ***Not take up offenses for others.***

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## Memory Work

***I will ask forgiveness quickly***
***of the people I offend.***
***I will not take up offenses***
***for the treatment of my friends.***

***I'll be kind to those who hurt me,***
***and I'll turn the other cheek.***
***I'll forgive offenses quickly,***
***and revenge I will not seek.***

***Commitments are important steps***
***to guard us from disaster.***
***And just to show we know them well,***
***let's say them even faster.***

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## What does forgiveness look like?

1. Not pouting or refusing to speak to someone when they have hurt your feelings.
2. Inviting a friend who has hurt your feelings to play ball with you and your other friends.
3. When you realize you hurt your Mom's feelings, admit what you said or did and say, "Will you forgive me?"
4. Refusing to get angry at someone who hurt your friend. You may not know the whole picture.
5. If you have a chance to get back at a friend who has hurt you, choose not to and do something kind for him instead.

## Forgiveness in Nature

## The Lamb

***The little lamb woke up to a beautiful sunny day and decided this was his day to have a big adventure. He had spotted a special patch of green grass just across the fence from the pasture their shepherd usually took them to. And it had a little brook that gurgled happily right by the edge of it. He thought about how exciting it might be to explore the rocks on the other side of the brook.***

***He didn't worry about the shepherd's warnings that it wasn't safe to go near those rocks and his rule that they should not go past the fence. After all, he had grown much bigger in the past few months and was able to take care of himself now. He loved the shepherd, but thought he worrieda bit too much about the lambs in his flock.***

***When the flock arrived at the pasture, the little lamb waited until the ewes were busy munching their breakfast. When the shepherd lay down on the grass for a rest, he quietly slipped under the fence and hid behind a bush until he was sure no-one had seen him. The very green patch of grass wasn't far and he loved skipping and playing in it, as well as tasting its very juicy blades.***

***But then, he remembered the adventure! He wanted to see what was over the pile of rocks next to the brook. It wasn't hard to jump over the little brook or to jump up to the first level of the rock pile-or even to climb higher and higher. Soon he could look over the flock grazing peacefully in the next field-no-one seemed to know he was gone!***

***One more jump and he would be at the top. What could he see then? But something happened! His hoof caught in a crack in the rock and caused him to stumble, then fall and bounce on rock after rock, until he landed in the brook below. The pain in his leg told him he couldn't get up and the water was dangerously close to his mouth.***

***The little lamb began to bleat and bleat until the shepherd heard him. He jumped up from the ground and ran in the direction of the fence. As he crawled through the fence, some rough wire caught the shepherd's cloak and cut his arm. But the shepherd didn't stop running until he had swept the little lamb up in his arms, just in time to keep him from drowning.***

***Even though the shepherd was hurt and his cloak was shredded, he was happy to find the little lamb. He forgave the little lamb for disobeying his orders and carried him on his shoulders for days until the little lamb's leg healed. Don't you know the little lamb was always careful to obey the shepherd after that! And quick to forgive others since he had been forgiven!***