



Family Faith Experience for Sunday, March 15th

TODAY'S BIBLE STORY: Jesus Teaches on Forgiveness (*Matthew 5:1-2; 23-24*)

BOTTOM LINE: Take the first step to forgive others.

LIFE APP: FORGIVENESS—Deciding that someone who has wronged you doesn't have to pay.

SCRIPTURE MEMORY VERSE: 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*)

(Before doing the activity below, read the Bible story aloud or play the video provided for today's Bible story.)

MATERIALS NEEDED: upbeat music

FAMILY ACTIVITY: FREEZE DANCE FORGIVENESS

Play some upbeat music and encourage your family to dance however they want to. After about 15 seconds, stop the music and say "freeze"! Once the family members are frozen, ask them to each call out one way that they can take a step toward forgiving others or showing others that we have forgiven them. *(For example: Give the person a compliment, tell them that you don't like what they did, but that you are forgiving them, or invite them to have lunch with you or to play with your group of friends at recess.)*

Challenge them to quickly perform that action before the music starts back up. Play for one or two more rounds.

WHAT YOU SAY: "That was a great game of freeze dance! Jesus wants us to take the first step to forgive others. All of the actions we just did when we froze are great ways to take a small step toward fixing a relationship. When somebody does something wrong to us, or when we do something wrong to someone else, it hurts our relationship with that person. What does it feel like when you don't have a good relationship with someone in our family? *(Allow for response.)* What about when you don't have a good relationship with a friend? *(Allow for response.)* Right! It doesn't feel good when a relationship is broken. That's why, even if you weren't the one who did something wrong, it's always a good idea to try to do SOMETHING to help fix the relationship."

(Tell about a child-appropriate time when you were brave and took a step toward forgiveness with a friend. Share how it made you feel and how it affected the relationship.)

CONNECT WITH OTHERS: Post a photo of your family doing this activity to the private Foothills Family Ministries facebook group and see what other families posted, too!