

## FORGIVENESS

### Lesson Guide for Episode 8b

**Supplies:** Paper, pens, Bible, small rock (1 for each girl).

**Objective:** To open up the conversation about the journey of forgiveness and the freedom that it brings into your life.

Begin Video @11:42

#### **Stop @15:20 - Small Group Discussion (10 minutes)**

1. How do you know when you need to say sorry to someone? (Is it only because of someone's reaction/being found out? Or is it because of a sense of personal conviction/responsibility?)
2. How do you usually react when someone says sorry to you? Are you quick to forgive, or do you find it hard to let the hurt go?
3. Can you forgive people even if they haven't said sorry?

#### **Stop @17:45 - Activation Part 1 (5 minutes)**

Sometimes it's easier to forgive others than it is to forgive ourselves. Hand out paper and pens and have the girls answer this question individually:

What things in your life do you need to forgive yourself for? (Where do you feel disappointed in yourself? What choices have you made that you regret?) Play the song while the girls write down their answers.

Pause the video @ 20:16 if you think the girls need more time to finish..

#### **Stop @21:00 - Activation Part 2 (15 minutes)**

On the other side of the paper they used for Part 1 (Forgive yourself), have the girls write down situations they need to forgive others for. Encourage them to ask God if there is anyone they are holding bitterness or unforgiveness towards. Remind them they don't have to share these answers with anyone if they don't want to.

Hand out a small rock to each girl. Tell them that this rock signifies the things they've been carrying (unforgiveness towards themselves or others) that they need to let go of in order to walk in freedom.

As a symbol of letting go, have each girl lay their rock down. It could be in the middle of the circle or somewhere else of your choosing - be creative! Throw it in a nearby river or make a pile of rocks outside your building.

After they've let go of their rocks, gather to pray together. Remind the girls that forgiving is not the same as trusting the person who hurt you. Sometimes trust may need to be rebuilt. Forgiving is just letting go of the hurt/anger/sadness you've been carrying.

**Stop @22:30 - Declarations (2 min)**

Stand together and speak these truths out loud. Have fun with it!

"I am forgiven by God."

"Because I'm forgiven by God, I can forgive myself."

"Because I'm forgiven by God, I can forgive others."

"Forgiveness gives me freedom."



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