



Forgiveness

Purpose: Unforgiveness weighs you down, relying & trusting God frees you up!

Supplies:

- Nooma Video "Luggage"
- Bibles
- "Personal Map" Activity: paper, colored pencils, and pens

Total Time: 45-55 minutes

ACTIVITY

(15-25 minutes)

Hookup Tag (*provided you have adequate space*)

Rules are as follows: Have the teens form pairs and scatter around the area. Each pair will need to link arms. Choose a teen to be "IT," the chaser, and a teen to be CHASED. The teen being CHASED can go to any of the others that are linked together in order to get away from IT. Once the CHASED reaches a linked pair, the teen now joins the link AND the teen on the opposite side of the link now becomes the CHASED. If the CHASED is tagged at any point, the roles are immediately changed. This is a high energy game that needs lots of space. The more teens you have, the better. Continue playing until all teens have passed out from exhaustion or until time permits.

Personal Map (*can be used for any size group, but if it is over 10, this will be an excellent resource to go over in your small groups*)

Purpose of this activity is for the teens to identify the highs and the lows of their lives by drawing pictures or writing short phrases. Have the teens turn their paper so it runs horizontally and draw a line through the middle running horizontally as well. On the far left of the page, have each teen draw a dot on the line. This dot represents the day they were born. At this first dot, have the teen write their date of birth and they can draw a hospital or whatever to represent their DOB. The line across the paper is to represent the middle ground for emotions/feelings. Have the teens use the rest of the paper to map out their lives based on the emotions and feelings they would be having in the moment of the event. Use dots to show the level of the emotion from the middle

line. At each dot, the teen can draw a picture or write short phrases to represent the “event.”

When the teen is finished with their map, have them connect the dots with their pencil, pen, or marker. Let the teens know that there are no right or wrong ways of mapping out their lives. Each map will be different. Some will have high highs and some will have low lows. Also let the teens know that it’s ok if they want to keep the map on the down low. No one has to share more than they want OR they don’t have to share at all. Just ask them to express as much as they are ready to share. (If using for small groups, have each teen share their drawings. Emphasize with your group that some may be very personal with their information. If this is the case, the responsible and trusting thing to do is to NOT repeat any of the shared information. Small group leaders will find that this is a wonderful way to find out where your teens are with emotions, thoughts, and today’s theme, forgiveness)

SUGESSTION: MAP OUT A SAMPLE FIRST SO THAT THE TEENS CAN SEE FIRST HAND WHAT THEY ARE BEING ASKED TO DO...this could be your life or a created one. The best situation is that you have yours done or at least do one with them. The leader needs to be willing to share as well but do not share too much information that could be inappropriate.

LARGE GROUP

(5-8 minutes)

Discussion Questions: *all questions are meant for the teens to discuss with each other with you facilitating the questions.*

1. Can you think of a time when someone has wronged you?
2. Can you think of a time when you wronged someone?
3. How do you first react when someone betrays you or wrongs you?
4. Do you seek revenge to hurt that person when you have been betrayed or wronged?
5. Have you ever asked someone for forgiveness? Share about how that went.
6. Is there anything that someone could do that you just can’t forgive them for? When has someone crossed your line of the unforgivable act?
7. Would you say it’s easy or hard for you to forgive?

What is
FOR-
GIVENESS?

1

a: to give up
resentment
of or claim to
requital for
<forgive an
insult> *b*: to
grant relief
from pay-
ment of
<forgive a

What baggage are you carrying? What are you holding on to? It is so important to free yourself of that baggage at some point. Let's watch a dynamic video to help all of us to think through forgiveness.

Video: Nooma *Luggage* by Rob Bell

<http://vimeo.com/10888656> (14:10 running time)

SMALL GROUP

WRAP UP

Forgiveness is a hard thing. It may be the hardest thing to do. But you have to!! Without forgiveness there is no hope. We all make mistakes; we all need to be forgiven at some point.

Imagine if God couldn't forgive. What a mess that would be! God is forgiveness...it's who He is right to the core of His being! Without His loving forgiveness, we are lost and have no hope!! God's unselfish forgiveness is summed up in Philippians 2:5-11 (read it from your Bible). He took on my punishment for my sins...He didn't deserve my punishment because I committed the crimes! But His unselfish, loving act of forgiveness wipes away all my sin (bad behaviors and even thoughts). That is truly undeserved forgiveness!

What baggage are you carrying? What are you holding on to? It is so important at some point to free yourself of that baggage. Maybe you're not ready to let it go, but maybe you see that you need God's help to get you where you can forgive. Don't be like so many people walking around this world...weighed down with unforgiveness. Free yourself of the excess baggage that has you weighed down...just let go. You just need to turn this over to God and trust that He will take care of the details and acts of others as well as helping your hurt heart heal. God promises to help you with all of your baggage.

Offer to help: Have leaders be available to talk with the teens about the hurts that they are carrying. Some may be ready to let them go and others may still need someone to talk to. Below are verses the teens may find helpful. Encourage them to look them up over the next week.

CHALLENGE

SALVATION VERSES

Forgiveness for others:

- Matthew 6:14-15...Forgiving others is absolutely necessary.
- 1 John 1:9...when we agree with God about our sin, He promises to forgive us.
- Ephesians 4:31-32...put away bitterness and anger; forgive as God has forgiven.
- 2 Corinthians 5:18-19...God brings us back to Him through Jesus Christ and then counts our sins against us no more!
- Ephesians 5:1-2...Strive to do as God would do.
- Genesis 45 & 50...Joseph's example of forgiving His brothers

God's Amazing Forgiveness that Leads to Eternal Life with Him!

- We all are sinners: Psalms 51:5, Romans 3:9-12, Romans 3: 22-24, 1 John 1:8-10
- We are chained to our sin: John 8:31-36, 2 Peter 2:19, Romans 6:16-18
- We cannot be close to God because of our sin: Colossians 1:21-22, Ephesians 2:12-13
- Sin has a punishment: Romans 5:12, Romans 6:23, Galatians 3:10
- We cannot save ourselves from our sin: Romans 8:7-8, Ephesians 2:1-5, Ephesians 2:8-9, Titus 3:4-7
- JESUS saves us!!! John 1:12, John 3:14-16, John 10:11, 14-15, 1 Peter 1:18-19, Ephesians 5:25-27, 1 Timothy 2:5-6, Romans 5:8
- We can be rescued when we trust Jesus: Romans 10:9-13
- God will never turn anyone away! John 6:37, Romans 10:13
- Your new purpose in life: Romans 8:1-14, Ephesians 5:1-21, 2 Corinthians 5:15

