

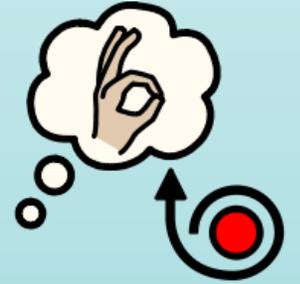


# Forgiveness



Just as the Lord has forgiven you, so you must also forgive others.

Colossians 3.13



## Putting the past behind us







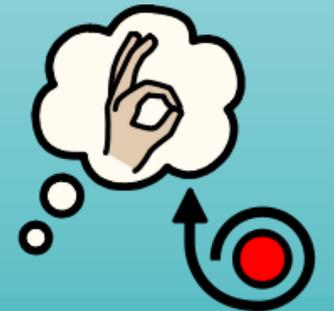
We have gathered together

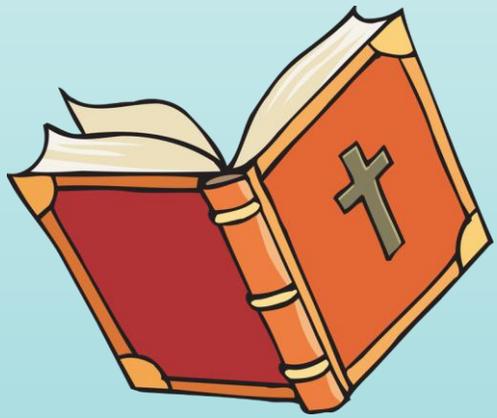
in the name of God the Father,

Son and Holy Spirit,

to worship together

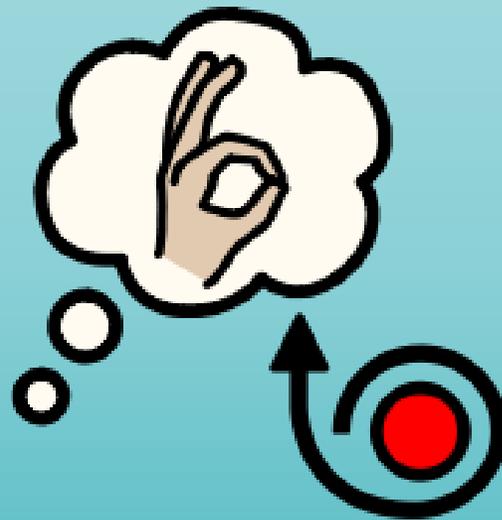
and think about our value forgiveness.

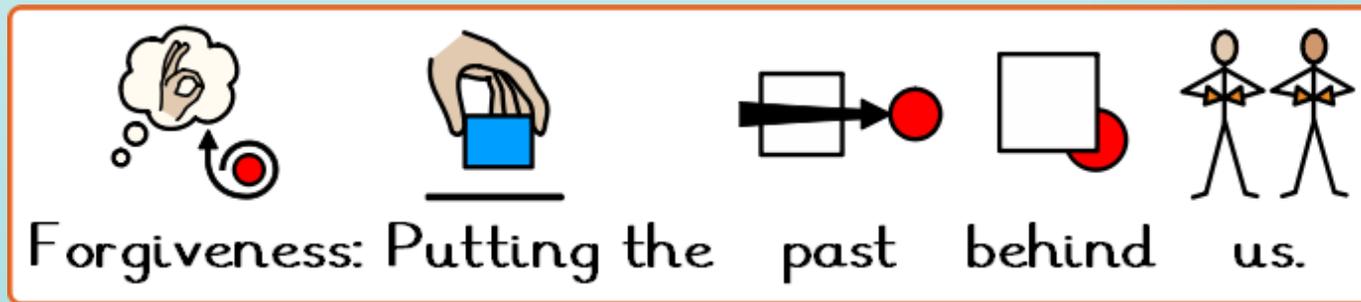




Our words of wisdom from the Bible this term are:

Just as the Lord has forgiven you,  
so you must also forgive others.





In the Bible there is a book of songs and poetry called Psalms.

The following words are from Psalm 32

Happy are those whose sins are forgiven, whose wrongs are pardoned. Psalm 32<sup>1</sup>

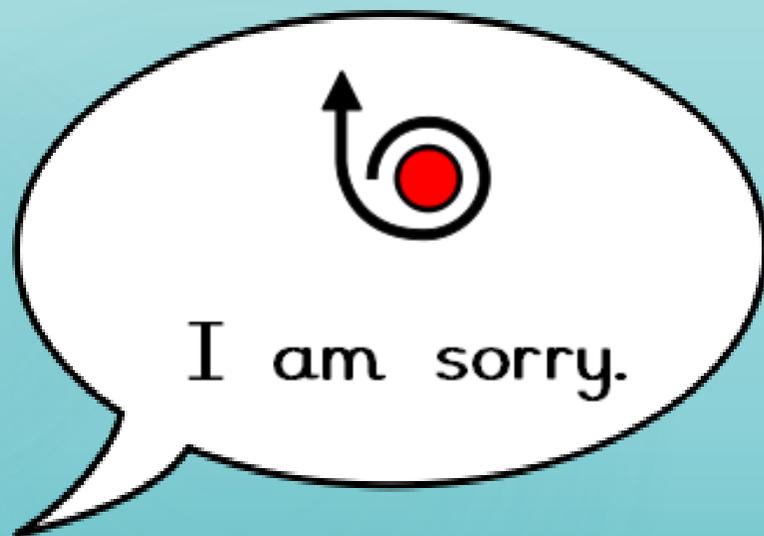




The psalmist tells us that forgiveness brings peace of mind and happiness. But first there are three little words that are very important to say to the person who has been upset.

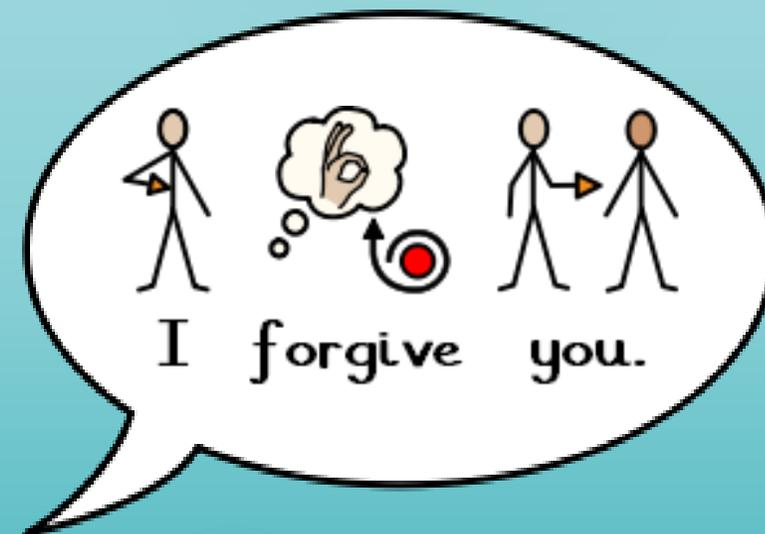


Can you think what they are?



But I am sorry is just half of the story.

What come next?





Listen

Let's hear what Barney and Bella have been up to.

Bella: Hi Barney, where have you been? I haven't seen you for ages!

Barney: (Looks the other way)

Bella: What's the matter? Aren't you speaking to me?

Barney: (Shakes his head and looks the other way)

Bella: (Sadly) Oh dear. Are you still mad at me for knocking over your model and breaking it?

Barney: (Shakes his head)

Bella: Are you sure?

Barney: (Nods head and then shakes head)

Bella: Oh dear, Barney, you are still cross with me? But I did say I was sorry, and I did help you clear up, and I did offer to help you build a new one.

Barney: But I still feel really cross when I think about it. Whenever I see you all I can think about is those hundreds of tiny bricks all over the floor and how long it took me to make that model!

Bella: Please forgive me! I don't like it when you're not talking to me.

Barney: I know, I'm trying.

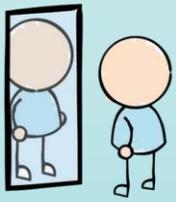
Bella: Why don't you remember something good instead, like when we had fun last weekend in the playground?

Barney: Yes, you're right. Our friendship is more important than being cross. I really do forgive you Bella, and I'm going to try to forget all about it.

Bella: We could go and try to make another model like your first one.

Barney: First model. Which one was that?

*They both laugh and run off.*



# Reflecting

If we hold on to hurt feelings they can damage our friendships. We call it bearing a grudge. Barney bore a grudge against Bella even though she had apologised.

Clench your fist as tightly as you can. Your fist is a picture of how people feel inside when they are bearing a grudge. It is difficult to offer the hand of friendship with a clenched fist and it's difficult to be a good friend if you are bearing a grudge. Now open your hands and hold them in front of you as we say our prayer.



I'll lead the prayer if you would like to make the prayer yours join in with the Amen at the end.

## Praying with open hands



Dear Lord,

Thank you that you forgive us completely.

When people hurt us, please help us not to bear grudges,  
and instead, ask for your strength to forgive.

Amen

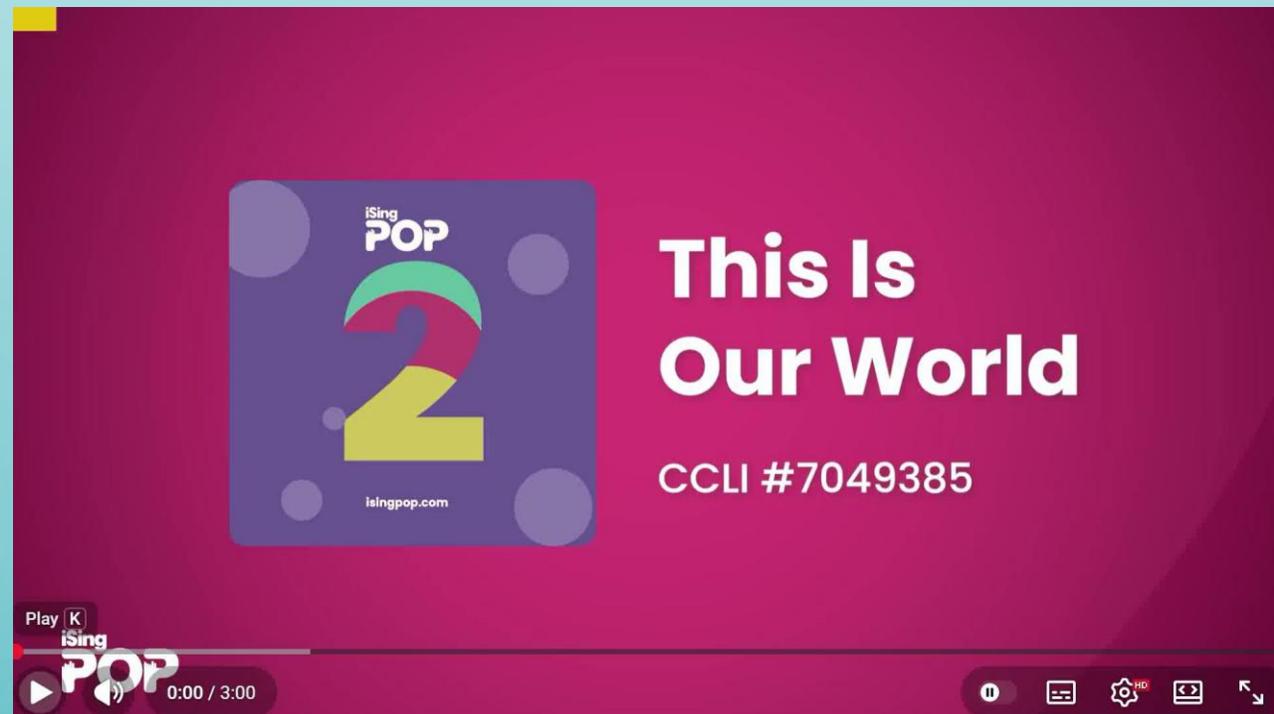


## The Lord's Prayer

Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and for ever.  
Amen.

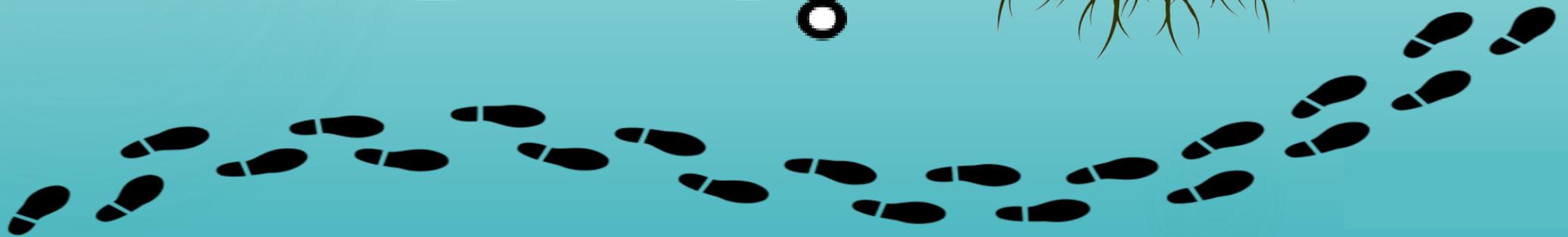


# This is our World



# Fruits from the roots

Think about a moment when  
someone upset you, but you  
decided to forgive them.  
How did it feel to let it go?





Dear God

Thank you for our amazing school  
and all the opportunities we have to shine.



*Thank you God*

Thank you for the church and school community that helps us to anchor  
our lives in faith and our confidence to shine brighter.

*Thank you God*

Help us to show the light of Christ in everything we think, say and do.

*Help us God*

Help us to have the strength to be positive and  
spread happiness to everyone we meet.

*Help us God*

Let your light shine through us.

*Amen*



