

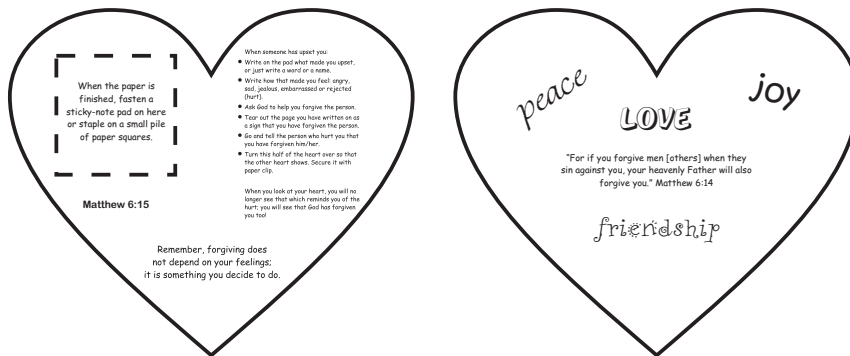
The forgiving / forgiven heart

What you will need:

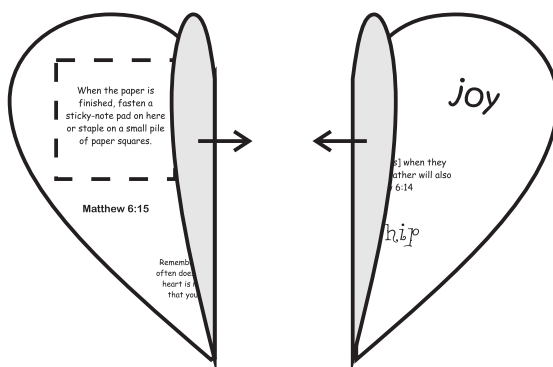
- The two heart templates (page 2 and 3) printed on construction paper (card).
- Paper clips
- Glue
- Sticky-notes (Post-it notes) or paper squares (page 4)
- Scissors
- Stapler

Instructions:

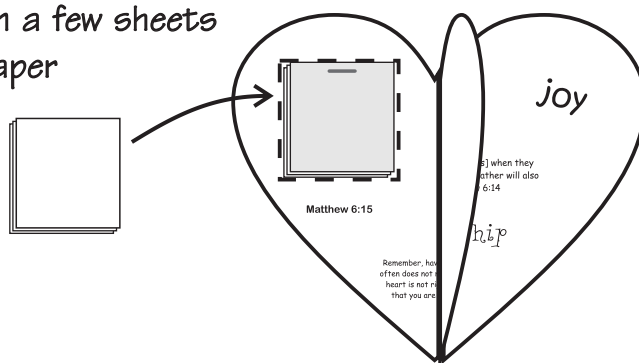
- Cut out both hearts (page 2 and 3) and fold them in half.
- Glue the hearts together as shown below.
- Decorate the heart.
- Staple on paper squares or glue on a thin pile of sticky-notes.



Fold the hearts in half and glue the two halves together (back-to-back)



Staple on a few sheets of notepaper



Heart secured with paper clip



When the paper is finished, fasten a new 'Post-it' pad on here or staple on a small pile of paper squares.

When someone has upset you:

- Write on the pad what made you upset, or just write a word or a name.
- Write how that made you feel: angry, sad, jealous, embarrassed or rejected (hurt).
- Ask God to help you forgive the person.
- Tear out the page you have written on as a sign that you have forgiven the person.
- Go and tell the person who hurt you that you have forgiven him/her.
- Turn this half of the heart over so that the other heart shows. Secure it with a paper clip.

When you look at the heart, you will no longer see that which reminds you of the hurt; you will see that God has forgiven you too!

Matthew 6:15

Remember, forgiving does not depend on your feelings; it is something you decide to do.

peace

joy

LOVE

"For if you forgive men [others] when they
sin against you, your heavenly Father will also
forgive you" Matthew 6:14.

friendship

