



# FORGIVENESS ACTIVITY

Forgiveness is using the power within us to let go of anger, feelings of revenge, and unhappiness. Letting go of these feelings frees us from burden. This activity can help family members understand the meaning of forgiveness. It will help family members learn that letting go is part of forgiving. It will show that having bad feelings about others can backfire and hurt you.

**Time needed:** Approximately 30 minutes

## **Activity Instructions:**

To introduce the theme of the lesson print the letters F, O, R, G, I, V, E on seven pieces of paper. Mix them up and pass to each member of the family to choose a letter. Unscramble the letters and when the word is spelled out, have each family member complete the sentence, Forgiveness is \_\_\_\_\_, using a word that starts with the letter they chose.

To demonstrate the importance of letting go, fill a backpack or sack with five heavy objects (such as books or rocks) and label them revenge, hurt, hate, resentment, and anger. Label the backpack “Bag of Grudges.” Have each member of the family try to lift the heavy load. Have them try and hold it off the ground for 2-3 minutes with hands outstretched. Explain that carrying the backpack is a lot like carrying these five feelings inside our hearts. When we forgive, we let go of all these feelings and are free from the burden of carrying them.

## **Discussion Questions:**

- Who is hurt most when we do not forgive? Why?
- How can we be sure we have truly forgiven another?
- Is forgiveness a sign of weakness or strength?
- How does it affect our lives and those around us when we do not forgive?
- Does the other person need to desire forgiveness?
- (Be careful not to single out individual family members you think need to let go of grudges. Let family members draw their own conclusions.)