

Write Upon My Heart
Forgiveness

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Fill out a journal page *each* day regardless of where you are working in the book.

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CHARACTER—WHAT IS IT?

What is character? Why do we say that one person has good character and another poor character, or that someone has character and someone else does not? What is being measured? It is not really a person's actions, for people often make mistakes acting in good faith, and we do not consider that bad character. No, it has to do with who a person is—or has become—by the *habits* that he or she has formed.

Good habits become good character, and bad habits become bad character; and yet character is not just the sum of one's habits. In many cases it has taken only a single bad habit to destroy a life. In other cases, just one outstanding good habit has prevented an otherwise mediocre life from totally crumbling. We cannot know which habit might be our most powerful support, or which might cause our complete downfall. So, the safest venture is to develop as many good habits or traits as we can, especially in areas displacing any habits that we have which may not be good.

It takes work to form habits, but the good news is that once they are formed they are a snap to keep, for then they come naturally to us! How nice it is to be so used to doing the right thing that we actually prefer to do it! *“Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap,”* —Galatians 6:7. Develop good habits when you are young, and you will reap the benefits for all of your life.

Where can we look to find the best essence of good character? How about God's Word? It has the essence of everything good. Jesus was an example of perfect character. *“For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow his steps,”* —1 Peter 2:21. As we study His life and God's Word, they will give us the guidelines by which to form our own habits and lives.

HABITS—WHAT ARE THEY?

Habits are those things that we do most naturally or instinctively—without having to make a decision, because the decision has been made enough times that we do not have to think about it any more. Things said and done by habit are

sometimes done without thinking.

For example, you do not contemplate whether or not to dress in the morning. You do it out of habit. If you brush your teeth every morning, you do not ask yourself if you should each day. You do it out of habit. Each good habit that we build—diligently—doing the best thing in an oft-repeated situation—is like a fence that we build between ourselves and some sort of heartbreak. However, it requires no effort to develop bad habits, and bad character is exactly what lack of effort becomes. So, a little work early in life can do much to prevent the manifold grief and loss encountered as a poorly formed character limps on through the years of life.

HABITS—THEY BEGIN IN THE HEART

“For as he thinketh in his heart, so is he,” —Proverbs 23:7a. That means that we are what we think. We say what we think, and we do what we think. What determines what we think? We do. Why do we think the way that we do? We taught ourselves to think that way. Often when people say, “I really didn’t think about it,” they had already taught themselves exactly what to think about “it.”

Each thought makes a tiny connection in the brain like a thread. Each similar thought strengthens that connection by adding another thread. Eventually, the threads become great enough in number that they become a rope. Often a mind becomes bound by such a rope, whether it is a good rope or a bad rope. Habit begins to affect our thinking. We begin to do things almost automatically because what we think is what we will do.

It is important to form good habits *now*. Later may be too late. We are becoming *right now* what we are going to be. We are going to become what we are thinking *now*, because *“as he thinketh in his heart, so is he.”* Our thoughts are very powerful. We cannot touch them or see them, but nevertheless, they are very real. They are more powerful than our actions because they control our actions. However, we can decide what we think! We can make our thoughts subject to our will and the will of God. We have access to a power stronger than our thoughts—the power of God. He tells how to control our thoughts. *“For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) casting down imaginations, and*

every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ,” —2 Corinthians 10:3-5.

So, why is it so important to form good habits early? Is not God powerful enough to break bad habits? Yes, He has the power to break any habit, but there are very many that He never breaks. The reason is that people grow to like their habits. They begin to hate the thought of breaking them—even the bad ones. People do not like change. The ropes that bind their minds are of their own making, and they are loath to give them up. How many drug addicts live absolutely horrid lives, bound to drugs from which they wish they were free, yet who will lie, cheat, steal, fight, and even kill to continue taking the drugs causing them so much misery? People grow to like their bad habits so much that they often will not let them go for what they wish they could have.

How do we learn not to like our bad habits? By learning to like new ones. Do what is right, and soon you will like doing it. There is a saying, “Your actions will determine your emotions.” We become comfortable with something only after we do it for a while. Another saying says, “Eat olives nine times and you will like them.” Proverbs 16:3 teaches, “*Commit thy works unto the Lord, and thy thoughts shall be established.*” Do you want to think rightly? Do you want to feel good doing right even if you do not like it right now? Just do it anyway! See how much it changes the way you think and feel. Replace bad habits and have good character by simply making new habits in place of the old ones!

Lastly, it is not enough to have good character. We can have the very best character, and yet become lost for eternity, for there are none who have not sinned. The Bible tells us that the wages of sin is death, but the gift of God is eternal life through Jesus Christ. Jesus paid the price for our debt of sin. Only by trusting Him will we see the Celestial City.

It is said that “character has its own reward,” and so it does. People with good character instinctively feel much better about themselves than people without it. This is a far better and happier way to live. However, this reward pales at the prospect of eternal reward. It is great to have character. But, remember, it is infinitely more rewarding to belong to Jesus, and have character for His glory.

FORGIVENESS

*If I cannot forgive,
If I can never say, "It's okay,"
If I have not compassion, nor mercy,
I know nothing yet of forgiveness.*

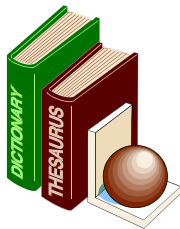
Forgiveness is one of the most important and desirable of character traits to possess. It is so important that Jesus mentioned it in the Lord's Prayer. *"For if ye forgive men their trespasses, your heavenly Father will also forgive you: but if ye forgive not men their trespasses, neither will your Father forgive your trespasses,"* —Matthew 6:14-15.

On another occasion Jesus again mentioned it to his disciples. *"And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses. But if ye do not forgive, neither will your Father which is in heaven forgive your trespasses,"* —Mark 11:25-26.

These verses are pretty plain. If we want our heavenly Father to forgive us our sins, it is essential that we forgive others. Sometimes we are angry when others harm us, or say mean things to us or about us. Sometimes we may not want to forgive, but Jesus says, "We must!" It is not an option, but a "must do." So, why not begin now to develop the spiritual habit of forgiveness?

LEARNING THE TRAIT

The word "forgiveness" means to forgive, or to pardon. When someone does wrong to us or commits an offense against us, we must not hold it against him. To forgive means to let it go; show mercy and treat the person with love. Look up the definitions of the following words using a dictionary and write them in the space provided.



Excuse _____

Mercy _____

Pardon _____

Remission _____



SCRIPTURE STUDY

Copy the following verse.

Psalm 86:5

What does this verse mean?

How can this verse be applied to your life?

BIBLE EXAMPLE

1. Read Acts 7:54 through 7:60.
2. Answer the following questions.



(1) Stephen had just finished witnessing to the high priest and the people. How did the people react to his witness?

(2) What was Stephen's response?

(3) How did the people then react?

(4) What were the last words of Stephen?

(5) Why do you think Stephen wanted God to forgive his murderers?

(6) Why you think Stephen loved those who murdered him?

(7) How was Stephen like Jesus?

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- (8) How might you respond to those who persecute you if you wanted to be like Jesus?
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SCRIPTURE STUDY

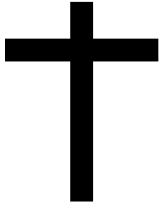
Copy the following verses.

Matthew 18:21-22

What do these verses mean?

How can these verses be applied to your life?

MORE ABOUT JESUS



One of the most amazing statements that Jesus ever made occurred while His accusers and persecutors were torturing and crucifying Him. Jesus said, “*Father, forgive them; for they know not what they do.*” We look on this same crowd, and we may think, “Oh, yes, they knew what they were doing. They hated Jesus. They wanted Him dead. They were willingly participating in this crime. They were doing what they thought would bring them satisfaction, but it would only bring them judgment.

However, Jesus looked on this crowd, and He saw them quite differently. He knew that if they *really knew* what they were doing, that they were crucifying God, their Redeemer, the One Who was willing to die for them to save them from hell, they would not be doing it. He looked on them with love and compassion. He loved them while they were hurting Him. He loved them so much that He asked God, His Father, to forgive them.

Jesus left us a powerful example of love and forgiveness. When others hurt us or do some wrong to us, perhaps because of the example of Jesus, we might be able to look on them with love, and say, “Father, forgive them. They do not know what they are really doing.”

1. When others hurt us, why would it be wrong to not forgive them?

2. Do you think it is easier to forgive or not forgive? Why?

3. Is it possible to love others and not forgive them at the same time? Why?

4. Is there anyone that you have not forgiven? If so, what are you going to do about it? Are you going to be like Jesus or are you going to keep your anger and grudge against the person?

A STORY ABOUT FORGIVENESS—

“SEVEN TIMES”

Lynde Palmer

It was a lovely spring morning—early in the season, but undeniably spring. The frogs had been croaking long the night before. The winter frost, though, did not seem quite thawed from their throats, but it was definitely spring. A few courageous Puritan robins had made a Plymouth of the old elm tree at the garden gate. It didn't need to know bird language to know that their songs were full of roses, green leaves, and prosperity.

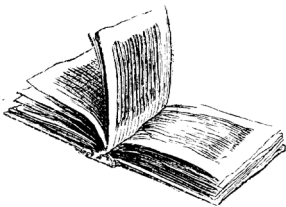
But we must not spend our time talking about the morning. Our business is with little Milly Pattison, sitting by the window, learning her morning verse—little Milly, who felt very happy sitting in the sunshine, and was anxious to do something to please the God Who had made such a beautiful world. She studied her verse—“And if he trespass against thee seven times in a day, and seven times in a day turn

again to thee, saying, I repent; thou shalt forgive him.” Her gray eyes looked very thoughtful, and her small mouth grew firm with some very important resolution.

Pretty soon, she came downstairs to the dining room, and found nobody there but brother Frank, who was two years older than her. He was looking very discontented. “Real mean!” were the first words that jumped from his mouth, though you couldn’t have expected anything better from such a pout. “Real mean to spend such a day as this in school!” And he kicked the book across the room where it landed with a broken back as two of its leaves fluttered to the floor.

“Oh, Frank!” cried Milly, “isn’t that my arithmetic? And you know I was trying to keep it like a new book.”

“I declare it is,” said Frank, in a tone of real regret. “I thought it was mine—I’m sorry—won’t you forgive me?”



“Yes,” said Milly, slowly, picking up the scattered leaves, and thinking of her verse. “Yes, I suppose so,” and under her breath she said, “*One.*”

With breakfast over, they started for school together. “Milly,” cried Frank, suddenly, “here comes a big dog—tongue out, red—yes! Look out for hydrophobia!” Poor Milly ran forward in great terror, too frightened to see where she stepped. Down went one foot in a treacherous hole, and the rest of Milly came tumbling after. This was a serious mishap, for the skin was quite rubbed from one dimpled elbow, and, worst of all, one of the morocco shoes—bright as a mirror—had a great, white, unsightly graze. Milly burst into tears, not about the elbow, for she could bear pain like a hero, and she knew that it would heal soon enough; but the new *shoe*, that was hopeless.

“Oh, Frank! How could you?” cried Milly. “And the dog was only good old Cato, who wouldn’t hurt a fly!”

“Why, Milly, I’m sure I never thought you’d fall. I only meant to give you a nice little run. It’s too bad you’re hurt. I’m so sorry—won’t you forgive me?”

“Yes,” said Milly, swallowing a lump in her throat. “I’ll try. *Two,*” she sighed, softly, to herself.

At school, Frank was still aggravating, and Milly had great temptation to forget her verse. He borrowed her slate-pencil, and lost it. And once, when she went up to her class, his feet grew suddenly very long, and Milly stumbled over them. She fell

amid the laughter of all her schoolmates. But Frank was *so* sorry. How could he help his feet being so big? He tried very hard to keep them under the desk, but there was only room there for one. He was *so* sorry; and patient Milly had to forgive him. There were one or two other grievances in the morning that I haven't time to relate. We will pass on to the time when school was out, and Milly found, to her great dismay, that there had been a sudden change in the weather, and the rain was pouring in torrents. But Frank borrowed an umbrella, and, tucking Milly's plump hand under his arm, started off as valiant as Greatheart.

"Look out!" cried Milly. "You swing the umbrella so that half the time it drips on my head."

"A little water won't hurt you, will it?" cried careless Frank. But when they reached home, poor Milly found that the coloring-dye had run from the umbrella, and long, dingy streams disfigured the cherry lining of her pretty hood.



"Well, now, that *is* too bad," cried Frank, observing her black look of dismay. "I declare, 'Milly,' I'd change caps in a minute with you, if you would like it."

Neat little Milly looked at Frank's battered hat, and sadly shook her head.

"Well, Milly, you know I didn't mean to. I'm sure you'd forgive me if you knew how sorry I felt."

"I do forgive you," said Milly, with an effort, and she counted something on her fingers. "*Seven*," said she to herself, with a great sigh of relief.

"What *have* you been counting all day, Milly?" asked Frank, curiously.

Milly did not answer; but, as she ran in to dinner, a very self-satisfied smile was on her face, and she repeated to herself, "*Seven times*. Well, I hope God has been pleased, for it has been very hard. I'm so glad it's over, or I don't think I could hold out any longer."

It rained so hard in the afternoon that Milly and Frank were allowed to stay at home and study in the playroom.

"Oh, dear," said Frank, with a yawn, "before I begin this 'rule of three, which puzzles me,' let's have a little tune out of that music box Uncle Charley gave you."

Milly's eyes brightened. She could not resist the temptation, and, running from the room she soon returned with the treasure. Carefully she put in the little golden

key, and turned it with the greatest caution; but mischievous Frank slipped in a little wooden wedge in the delicate works, and when she paused and listened, with smiling lips, and head turned on one side, the wonderful box was mute.

“What is it?” cried she, turning quite pale.



“Oh,” said Frank, magnificently, “don’t be alarmed. I can fix it. Just let me put my finger in the box one second, and all will be right.”

Milly entrusted it to him with trembling hands. In went Frank’s confident fingers, but they pulled out the wedge a little too roughly. Snap! went some delicate spring; there was a dreary noise, as if the whole box were going to fly in pieces, and then all was still. Frank examined the box with a dismayed face. “Milly,” said he, at length, with an effort, “it’s broken—spoiled! Can you ever forgive me?”

“No!” said little Milly, stamping her foot and bursting into tears. “I can’t, and I needn’t either. It’s the eighth time! My dear, darling music box! You did it on purpose! You’re very bad to me!”

Poor, remorseful Frank offered no opposition, and across the hall she ran, with streaming eyes and burning cheeks, and fell right into Uncle Charley’s arms.

“Hoity toity! What’s the matter now?” But before the words were out of his mouth, Milly was pouring forth her story.

Uncle Charley looked grave when she finished. “And so you think it is right to be angry now?”

“Yes,” said little Milly, impetuously. “It is quite right. I’ve forgiven him *seven times*. This makes *eight*.”

“But didn’t you know,” said Uncle Charley, “that there is another verse where Jesus tells Peter not only to forgive his brother *seven* times, but ‘until *seventy* times *seven*’?”

“Seventy times seven!” cried Milly, looking quite bewildered. “Oh, I’m sorry I ever begun. I shall have to give up trying to please God that way.”

“I hope not,” said Uncle Charley.

“But you don’t know how hard it is to keep forgiving and forgiving,” cried Milly.

“Yes, I think I do,” said Uncle Charley, smiling. “And I shouldn’t wonder if the disciples knew it too,” said he, half to himself, “when as soon as the command

was given, they cried with one accord, ‘Lord, increase our faith.’ Yes, little Milly,” he continued, aloud, “it certainly is hard, but we must always keep trying, and not count the times, either, for I think ‘seventy times seven’ means that we should *always* forgive.”

“Oh, I can’t do it,” sobbed Milly, turning determinedly away from poor Frank, who stood in the doorway, the image of despair.

“I’ll give you my new book of travels, Milly, and save all my money until I can buy you another box,” cried Frank, in doleful tones. But Milly would not listen.

“Very well,” said Uncle Charley, “I would advise you not to say the Lord’s Prayer for a day or two.”

“Why?” said Milly, in great surprise.

“Why, just think how very sad it would be to have to pray to your heavenly Father and ask Him to forgive you as you forgive Frank.”

Milly’s cheeks grew burning red. She hesitated a moment, and then crying, “I can’t give up praying in the manner of our Lord’s Prayer,” she ran to the sorrowful figure in the door, threw her arms around his neck, and had a “good cry” on the left pocket of his brown coat.

Good-hearted, blundering Frank has grown much more tender and careful of his little sister since then; and as for *her*, if you should ask Frank—“How often does Milly forgive now?—till *seven* times?” you would see his honest eyes fill with affectionate tears, as he answers, softly, “Milly is too good to count, and *I* don’t dare to count; but I’m quite sure until ‘*seventy times seven.*’”

For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses. — Matthew 6:14-15

Answer the following questions regarding the story.

1. What was Millie’s resolution?

2. Explain why “seven times” in a day really meant many more times.

3. Why can you sincerely not pray the Lord's prayer if you are not willing to forgive those who hurt you?

4. What lesson did Frank learn from Millie earnestly trying to serve the Lord by forgiving Frank so many times?

5. Is there anyone you haven't forgiven? If so, what will you do about it?



SCRIPTURE STUDY

Copy the following verses.

Luke 6:36-37

What do these verses mean?

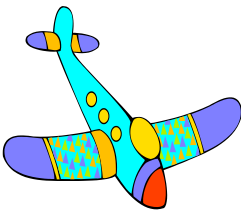
How can these verses be applied to your life?

DIAGNOSE THE PROBLEM

Read the following example and answer the questions.

Brian's Model Airplane

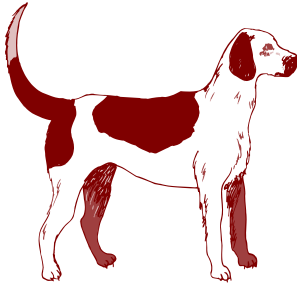
“Be ye therefore merciful, as your Father also is merciful.” —Luke 6:36-37



Brian carefully placed a dot of glue on the last piece of the wing to his model airplane. Carefully, he slowly placed it in the just the right spot. Holding it in place for a few moments to let the glue set, he looked the model over. “There,” he said with satisfaction in his voice, “it is done. Boy, it has taken me a long time to make this one.” The model airplane had been a gift for his birthday, and he had been patiently working on it for a few months now. “As soon as the glue dries, I can paint it,” he said excitedly. “Hmmm, what color should I paint it?” He rummaged through his paint tubes looking at the different colors. “I think I’ll paint it blue.”

“Brian!” He heard his mom calling. “It’s time to take Stormy for a walk.”

“Okay, Mom, I’m coming!” Brian checked to make sure that the last piece was held firmly in place, shut the glue container and carefully pushed the airplane away from the edge of his desk. He grabbed his coat and went to find Stormy’s leash. “I finished it, Mom! My airplane is ready to paint.”



“That’s great, Brian! I can’t wait to see it. You’ll have to show it to me later.”

“Stormy! Let’s go for a walk!” he called to his dog.

Cathy came into the kitchen for a glass of milk. “What was Brian saying, Mom?” she asked, as she pulled a glass from the cupboard.

“He finished his model airplane,” said Mom. “He’s pretty excited about it.”

“Oh! That’s neat!” said Cathy, as she headed up the stairs to her room. She had some things that she needed to finish up before dinner. As she passed Brian’s room, she paused at the doorway. “I wonder what his airplane looks like now? I know he wouldn’t mind if I looked at it for a few minutes. I’ll be very careful.”

She pushed the door open and peeked in the room. Yes, there it was on the desk. She walked over for a closer look. “He sure did a nice job alright. Look at all those little pieces! She tipped the plane up so she could get a better look at the wings. “It sure is nice.” Cathy carefully set the plane back on the desk and turned to go back to her room, but as she turned, her sleeve caught on the propeller and the airplane went flying through the room. She quickly tried to catch it, but she missed and tripped over the stool to land right on top of Brian’s plane! “Oh, no!” cried Cathy. “What can I do now?” She carefully picked the plane up. “The whole wing is smashed, and the propeller is bent. What is Brian going to say! And I’m going to have to tell him!”

She stared at the airplane. He had worked so long and hard on it. She knew that he was going to be very upset. Cathy heard Brian running up the stairs. She turned as he entered the room. “I’m so sorry, Brian. I was just taking a look at it and then my sleeve got caught—then I tripped—I didn’t mean too!” she cried. “Will you forgive me?”

Brian stared at his airplane in disbelief. All those hours of working on it, gone! He took the airplane from Cathy. “Why did you mess with it? If you would have

just left it alone this wouldn't have happened! Or if you would have just waited for me to show it to you—" Brian ran out of the room, clutching his airplane closely.

1. How could Cathy have avoided this situation?

2. What kind of problem did Cathy create for her brother?

3. What would Brian's natural reaction be to this event?

4. If Brian's first reaction included any negative feelings, what should Brian do with these negative feelings?

5. How long should a person be angry?

6. How can Brian show forgiveness to his sister?

7. How can Cathy make amends for what she did?

8. How would you behave if you were Brian?

9. How would you behave if you were Cathy?

Brian returned to his room a few minutes later. His sister was sitting on the floor, crying. “I’m sorry, Cathy. I know that you didn’t mean to break my airplane, and I forgive you. I’m sorry I said those things to you, and I asked Jesus to forgive me. Will you forgive me too?”

Cathy gave him a big hug, “Of course!” she smiled through her tears. “I’ll help you fix your airplane too.”



SCRIPTURE STUDY

Copy the following verses.

Matthew 6:14-15

What do these verses mean?

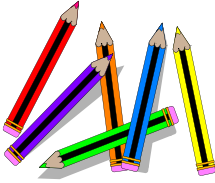
How can these verses be applied to your life?

DIAGNOSE THE PROBLEM

Read the following example and answer the questions.

Judy's Picture

*“Then said Jesus, Father, forgive them; for they know not what they do.
And they parted his raiment, and cast lots.” —Luke 23:34*



“Girls,” Mom called from the kitchen, “I need you both to do something for me.” Judy and Sara looked up from where they were coloring at the dining room table.

“Yes, Mom?” they both answered.

“Judy, I need you to clean up the kitchen for me, and Sara, I need you to pick up the upstairs.”

“Okay, Mom,” they both answered. Judy started to pick up the colored pencils, while Sara put the coloring books and paper away. They had been drawing special pictures for their grandparents. “Sara, would you take my horse picture up to our room for me? I want to work on it later,” Judy asked.

“Yes,” said Sara, “I will.”

Judy went to the kitchen and started to wash the dishes. Sara started up the stairs, picking up toys as she went. After she had the toys in the hallway picked up, she went into their room to start cleaning. She straightened up the beds, and started to pick up all the toys on the floor and put them in the toy box. “I want to do a good job for Mom!” said Sara to herself. She looked around the room to see if she had missed anything. “Nope! It’s all clean. I picked up all the toys.”

Meanwhile, Judy had just finished the dishes in the kitchen. She carefully wiped the table off and then swept the floor. “There, it’s all clean.” Judy put the broom back in the closet. “I think I’ll get my picture and try to finish it before dinner. I would like to mail it to Grandma and Grandpa tomorrow.”

She headed up the stairs and started looking for the picture. “Hmm . . . I thought Sara would have put it on the desk. Where could it be?” Judy looked on her bed, she looked in the closet, and on the floor—still no picture! She looked and looked and looked.



Finally, she looked in the toy box. There was her picture, at the very bottom of the box. The corners were bent, and there was a big crease right in the middle of the drawing. Judy looked at it and almost started to cry. “It’s all messed up! Sara must have forgotten to put it on the desk! I’ll have to start all over!”

Judy was very upset. She turned to go and find her sister when she spied her little Bible on her desk. What had they read about this very morning? Something about forgiving? Ah, she remembered . . . “*For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses,*” —Matthew 6:14-15. And Daddy had said that sometimes people don’t realize what they have done to you, and that we need to forgive them just like Jesus forgives us. Judy looked sadly at her picture. Judy knew that Sara didn’t mean to mess the picture up. Sara was just doing what Mom had wanted her to do.

“Dear Jesus, please help me to forgive Sara, and please forgive me too,” she prayed silently. Judy smiled as she looked at her picture. It wouldn’t take long to draw another one.

1. What do you think Judy was feeling when she saw her picture crumpled up at the bottom of the toy box?

2. When Judy was upset and was going to find her sister, what do you think she was going to say to her?

3. According to Matthew 6:14-15, why is it important to forgive?

4. Do people always mean to do something bad to you or to your things?

Explain.

5. Do you sometimes do things that you do not really mean to do? Can you give an example?

6. Do you want people to forgive you? Why?

7. Why was it important for Judy to pray immediately about this situation?

8. Judy forgave Sara, and then quickly and happily found a solution to Judy's own problem. Why do you think it is important to find a solution and get busy working on it?

True Life
Lord, help us with each other to live,
As we would live in Heaven;
And help us with each other to forgive,
As we would be forgiven.



SCRIPTURE STUDY

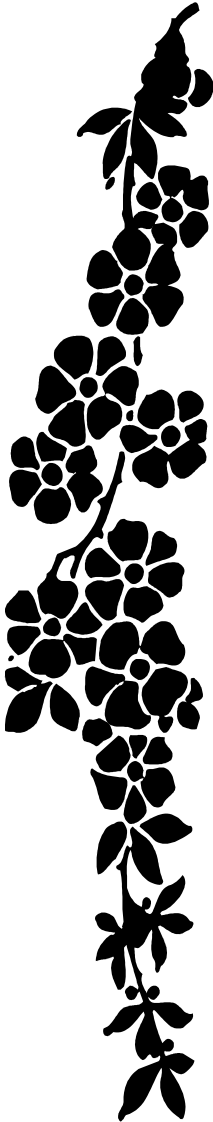
Copy the following verses.
Colossians 3:12-13

What do these verses mean?

How can these verses be applied to your life?

If I think I could forgive those who would slay me at the stake, how can I not forgive those who slay me in much smaller ways in daily life?

“Forgiven—Even Until Now.”



“Thou hast forgiven—even until now!”
We bless Thee, Lord, for this,
And take Thy great forgiveness as we bow
In depth of sorrowing bliss;
While over all the long, regretful past
This veil of wondrous grace Thy sovereign
hand doth cast.

“Forgiven until now!” For Jesus died
To take our sins away;
His blood was shed, and still the infinite tide
Flows full and deep today.
He paid the debt; we own it, and go free!
The canceled bond is cast in Love’s unfathomed sea.

“Forgiven until now!” For God is true;
Faithful and just is He!
Forgiving, cleansing, making all things new!
“Who is a God like Thee?”
O precious blood of Christ that saves and heals!
While all its cleansing might the Holy Ghost reveals.

Yes, “even until now!” And so we stand,
Forgiven, loved, and blessed,
And, covered in the shadow of God’s hand,
Believing, are at rest.
The one great load is lifted from the soul,
That henceforth on the Lord all burdens we may roll.

Yes, “even until now!” Then let us press
With free and willing feet
Along the King’s highway of holiness,
Until we gain the street
Of golden crystal, praising purely when
We see our pardoning Lord; forgiven until then!

Frances Havergal

INSTRUCTIONS IN FORGIVENESS

“And forgive us our debts, as we forgive our debtors.” —Matthew 6:12

When someone does something to harm us or just says something which makes us angry, what is it that we want to do first? Yell at them? Say mean things back? Hurt them? Why is it that we never think about forgiving them first? Why is it that some people have a hard time forgiving at all? Some people never forgive, but hold grudges, and bide their time until they can say a few mean things back or get even in some way. Why is forgiving so important? Jesus said we should pray to our Father in Heaven and ask Him to forgive us—how? As we forgive others who have sinned against us. Hmm . . . Just how good are we at forgiving others?

What does it mean to forgive someone? Well, it means to cancel the debt. It means that the person doesn't owe us anything. It means he is free. It means that we hold nothing against him. It means that we treat him just as if nothing had ever happened or had been said.

When we don't forgive, we are saying that the person owes us something; he isn't free. We will hold it against him for a long time, maybe forever. We are saying that we want him to suffer; we want to throw a few stones (words) back at him to hurt him. We want to get even.

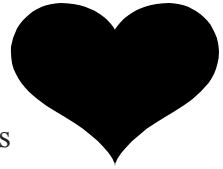
Jesus said, *“And as ye would that men should do to you, do ye also to them likewise,”* —Luke 6:31. Do we want others to forgive us when we, for whatever reason, hurt them? Of course we do. Do we want God to forgive us when we sin? Of course we do. Well, then we have a job to do. We need to forgive others.

How soon do we need to forgive someone? In a week, next month, next year? What is wrong with right now—immediately? Is anything gained by delaying forgiveness? Do we feel better when we are angry for a little while? Hardly.

Are any offenses too big to forgive? God forgave murderers, thieves, and liars. God can forgive anyone, no matter the sin. His crucifixion covered it all. If He can forgive, why can't you? Are you better than Him? Do you have a right to not forgive? Does not forgiving make you bigger or more important than the offender?

SEARCHING YOUR HEART

Answer the following questions.



1. What is your first response when someone says or does something to upset you?

2. Can you think of some times or situations when you have a hard time being forgiving? What are they? Explain why.

3. What effect does your unforgiving attitude have on you and those around you?

4. Why should you forgive them?

5. Can you forgive them ? Why?

6. Talk these things over with your parents. Ask them to help you begin changing. They will be happy to pray for you and encourage you to be forgiving.

DECISIONS TO MAKE

Decisions are choices that we make. We are responsible for them. We can blame no one else but ourselves when we make wrong decisions. Our aim or goal should be to make good, godly decisions. Won't you decide now to—

1. Forgive no matter what the offense.
2. Forgive right away. Do not delay.
3. Forgive everyone.
4. Don't forget to ask God to forgive you too.



SCRIPTURE STUDY

Copy the following verse.
Luke 23:34

What does this verse mean?

How can this verse be applied to your life?





≡ ≡

More Thoughts on Forgiveness



Forgiveness leaves no resentment or bitterness. Forgiveness leaves no lingering emotion, no self-pity. Forgiveness goes on and treats the offender as if no offense was given. Smiles, a welcoming attitude, friendship—all these are given freely and immediately.



If I am going to walk in the steps of Jesus, I must love those who hurt me. I must forgive them while they are in the very act of hurting me—not later, but now, immediately. Not after anger or self-pity has had its way, but in the midst of the attack. I must not focus on “forgiveness,” but focus on loving the attacker because forgiveness flows out of love.



Oh, Dear Lord, teach me to forgive as you forgive. Give me grace.



“But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.” —Romans 5:8.

≡ ≡

A STORY ABOUT FORGIVENESS—

AS WE FORGIVE

“I will forgive, but I will never forget!”

“That is a form of words too often heard, and the hearts from which they come do not even know the meaning of forgiveness. When God forgives He ‘blots out’ our transgressions, but man too often treasures the remembrance of injuries, while with his lips alone he declares they are forgiven. And yet we pray each day of our lives that God will forgive us *as we forgive!*”

These words were spoken very quietly, more as though the speaker were thinking aloud.

The two men were leaning over the rails of the little wooden pier, watching the rise and fall of the waves against its sides, and discussing a vexing question. The younger man had just confided to the elder a story of wrong, and of suffering unjustly inflicted, and had ended with the words, “I will forgive, but I will never forget!”

“There are some injuries,” the younger man remarked, “which we cannot forget, because they darken one’s whole life; mine are such.”

“Then they *will* darken your whole life,” said the elder man. “But true forgiveness would be the sunshine to chase away and dispel the clouds.”

“Then,” said the other, “to put it a little differently, there are some injuries which cannot be forgiven.”

“No,” was the decided answer, “that is not so. The resentful and unforgiving spirit inflicts more pain on itself than did the injury that it resents. It is like digging wells, to be filled with waters of bitterness.”

“It is easy to talk,” said the young man, “but human nature is human nature, and we can’t be angels. Therefore I can’t forget.”

“Human nature has the help and example of Divine nature,” said his companion. “Jesus said, ‘I say not unto thee, Until seven times: but, Until seventy times seven.’”

“Let me tell you how I first came to understand the practical meaning of forgiveness.

“When I was a young man, looking out for a practice, an old doctor living in a country village near us died suddenly, and it was arranged that I should take the

vacant place for six months, as his son was absent abroad.

“As doctor in that quiet village, I got to know all the simple inhabitants well, and many a lesson I learnt from them as I came and went among them.

“Just above the village on a hill stood the windmill owned and managed by John Brown. An important man was he in that little community, for he was a rich man to them, owning, besides his mill, several of the cottages.

“It was some time before I made his acquaintance; and I found him, as I had expected, self-satisfied, hard, and uncompromising.

“Perhaps I was a little prejudiced against him, for what I had heard was little to his credit.

“It appeared that a man named Job Smith had come to the village some few years before I made its acquaintance; he had sought and obtained employment at the mill, and rented one of the miller’s cottages, where he lived with his own daughter.



“From all accounts, this Smith was a simple, good man, and his daughter a pretty young girl, who worked at dressmaking.

“Smith must have been a quiet man, keeping most of his opinions to himself, and spending his leisure time with his daughter at home.

“About six months before I came to the village, there was great commotion in the political world, and a general election was impending. While affairs were in this state, a man calling himself a ‘social reformer’ stayed for a few days at the village inn, and employed his time in sowing seeds of discontent and socialism among the simple villagers.

“The miller had always been a keen politician, and now he warmly espoused the new doctrines of equality, which sounded so fine, though he had not stopped to inquire where they would lead him.

“Having got the idea into his head that he was one of a class who must rise against tyranny and oppression, the miller found that there were no bounds to his ardor. He spoke to the villagers in the village inn; he formed a socialist club by degrees, for the people who were easily led; and night after night they met to discuss and to denounce the powers that be.

“Job Smith had never attended any of these meetings, but one night, as bad timing would have it, he joined the gathering at the inn.

“Something had happened to add fresh fuel to the fire, and the miller’s words were violent. Looking round for approval, he saw one pair of eyes fixed on him with a gaze of calm astonishment. Job Smith had never heard anything like this.

“Instantly the miller challenged him to agree, and then Job Smith spoke out:

“ ‘Nay, I’m a man that likes justice, but I’ll never go against law and order. It’s the Lord that has made some high and some low, and I don’t grudge them that’s above me their power nor their wealth.’

“The scene that followed was an uproar. The miller, heated by anger, hurled torrents of abuse against Job; and finally, when Smith persisted in what he had said, the miller struck him.

“The blow was not returned, for Smith was hustled out by some who feared further violence.

“The next day he was dismissed from the mill, and ordered to quit his cottage in a week.

“This story, which I am giving you in a series of short facts only, was told me

by his daughter, and I wish I could put into it the pathos of her simple words.

“Her father left the village at once to tramp to the next town on the quest for work. It was cold weather, and, sleeping under a hedge, he got chilled, and died in the workhouse a few days later.

“ ‘We’d always been happy together, and I thought my heart would break, sir,’ said the girl, when she got to this point. ‘I felt I could curse the miller, for he was the cause of it all.’

“She applied, a few weeks later, for a situation as dairymaid in the family of a country squire living a few miles away, but was refused on the grounds that she could not produce a satisfactory character. She did not know until afterward that the squire’s man, riding to the mill on his master’s business, had there obtained a poor report of the poor girl. So she paid for a little dark room in a neighbor’s cottage, and sewed early and late to earn a pittance until she could hear of some suitable situation.

“Those six months I lived in the village gave me plenty to do, for shortly after I went a malignant fever broke out, and there was scarcely a cottage where one or more were not laid down. It was hot, close weather, and the epidemic increased with fearful speed. Many deaths occurred, especially among the children.

“The mill did not escape, and the miller’s only child, a little daughter, the pride of his heart, was laid down with the fatal fever. One day I was told that the miller’s wife was also ill, and that the only servant had fled in fear of infection, leaving the two fever-stricken patients without attendants.

“I was sorely perplexed, and the miller was in a state of mind not easily described. I could not stay long in any one place, with so many claims on my attention, and I knew there was no one in the village who would willingly run the risk of infection.

“But when I went back on a certain evening when the little one was nearing the crisis, I found there a nurse, who moved about with quiet steps and thought of everything.

“It was Job Smith’s daughter. I think it was owing to her, under God, that the child and the mother both recovered, and gradually came back from weakness to strength. Though I feared for the nurse, she did not have the fever.

“I leave you to picture the gratitude of the miller and his family. She had conquered her enemy by heaping coals of fire on his head.

“ ‘But what made you think of such a sacrifice?’ I asked her one day. ‘You knew the risk to yourself, and you were still smarting under the bitter wrongs they had done you.’

“ ‘I thought how much my dear Lord had forgiven me,’ she said, simply, ‘and that made it easier to forgive them. I didn’t do it all at once, sir; but there was no one to help them in their trouble, and I knew if I went, it would help me to forget my own.’

“So I learned the lesson of Divine forgiveness, and the meaning of the words, ‘For if ye forgive men their trespasses, your heavenly Father will also forgive you: but if ye forgive not men their trespasses, neither will your Father forgive your trespasses.’”

Answer the following questions concerning the story.

1. Why do you think some people say that they will not forget a wrongdoing done to them?

2. What had seeing the young girl’s true forgiveness done for the elder man?

3. The young girl did not just say that she forgave the miller, but she proved it with her actions. Do you think her forgiveness would have been just as real, and had the same effect on the miller, if she had just said that she forgave him, but then let the miller’s wife and daughter die? Explain your answer.

4. The young girl never forgot her father's death, but she was able to overcome her feelings about the wrongful actions of the miller. Thinking about this, how would the advice of the elder man help the young man in the beginning of the story?

5. Do you have trouble putting forgiveness into action in your life? Give some examples of how you might put forgiveness into action with someone who has wronged you.

The Snow Prayer

A little girl went out to play one day in the fresh, new snow, and when she came in she said: "Mamma, I couldn't help praying when I was out at play."

"What did you pray for, my dear?"

"I prayed the Snow Prayer, Mamma, that I heard in Sunday school."

"The Snow Prayer! What do you mean, my child?"

"I mean that beautiful Snow Prayer in the Bible, Mamma. You know it says, 'Wash me, and I shall be whiter than snow.'"

—Selected

Coals of Fire or God's Way of Forgiving

"If thine enemy be hungry, give him bread to eat; and if he be thirsty, give him water to drink: for thou shalt heap coals of fire upon his head, and the LORD shall reward thee." —Proverbs 25:21-22

Our heavenly Father tells us to fill the needs of the person we need to forgive—help him, take care of him, and by doing this we will “warm” him with our love.

When someone has angered or hurt you, instead of withdrawing or casting verbal stones, or being a talebearer, have some “sweet coals of fire” ready. This means to have some blessing—maybe it is a gift, or a kindness one could do to, or for, the person who has hurt or angered you. The Lord's way is “coals of fire.” Man's way is sin—criticism, revenge, talebearing, withdrawing, or retribution.

Man's way is to get even, God's way is to love them. *"But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you,"* —Matthew 5:44.

Man's way is unforgiveness. God's way is forgiveness. Man's way is hardness. God's way is warmth.

Man's way is to remember what our enemy has done to us. God's way is to forgive and put their sin far, far away. Psalm 103 says, *"As far as the east is from the west, so far hath he removed our transgressions from us."*

God always extends forgiveness and warmth that He might convince His enemies to flee their deserved destruction. Shouldn't we do the same?

THINGS TO DO

It is one thing to study a character trait, learn definitions, and ponder Scriptures. It is another thing to put those ideas into action and make them a part of your life. Following is a list of things that you can do to build the habit of forgiveness in your life. Complete as many items as you can (no fewer than four) from the following list.

1. Pray and ask the Lord to show you if you need to forgive someone.
2. Pray and ask the Lord to show you if you have offended someone, and ask his/her forgiveness.
3. Memorize four verses on forgiveness.
 1. _____
 2. _____
 3. _____
 4. _____
4. Find and learn a hymn about forgiveness.
5. Make a special prayer list of names of people with whom it is difficult for you to have a good relationship. Pray for them daily.
6. Write an essay about love and forgiveness explaining why you cannot have one without the other.
7. Share the Gospel story of forgiveness with someone.

Remember . . .

When you are tempted to be angry with someone or feeling hurt —

- ✓ **Never** say mean things in return.
- ✓ **Never** do anything mean in return.
- ✓ **Never** gossip about the person who has hurt you.

Always . . .

- ✓ Pray immediately.
- ✓ Forgive immediately.
- ✓ Respond in love.

Do say . . .

- ✓ “I forgive you.”
- ✓ “That’s okay.”
- ✓ “Will you forgive me?”

Can you find these words in the puzzle?

compassion

debts

forgiven

love

pardon

condone

forget

forgiveness

mercy

remit

confess

forgive

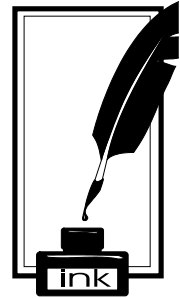
forsake

omit

C	E	N	N	O	I	S	S	A	P	M	O	C
O	K	I	T	A	M	T	A	P	M	O	C	A
S	A	N	T	S	F	B	Y	C	R	E	M	T
S	S	E	I	I	O	E	M	I	T	E	E	N
E	R	V	M	N	O	D	R	A	P	G	K	A
N	O	I	E	B	E	V	I	G	R	O	F	M
E	F	G	R	E	V	E	R	O	O	B	L	S
V	N	R	V	R	E	M	F	L	E	O	S	A
I	D	O	I	G	R	O	F	E	V	E	T	T
G	L	F	D	K	A	S	R	O	F	I	K	A
R	E	C	O	N	F	E	S	N	M	S	I	L
O	T	S	I	M	O	I	O	N	A	I	L	L
F	N	O	D	N	O	C	E	N	T	U	T	E

KEEPING A JOURNAL

Many people say that it takes thirty days to create a habit, and that is just what we are trying to do—create the habit of forgiveness! The next thirty pages will be set aside to record your progress in making the character trait “Forgiveness” an integral part of *your* character. At the end of each day ask yourself the following questions, and write down the answers, and anything additional concerning your “Forgiveness” trait.



Following are a few *reminders* or *goals* to help you begin focusing on forgiveness each day.

1. Take a sheet of paper and write the word “forgiveness” in large letters, and place it where you will see it the first thing in the morning when you awake.
2. Upon awakening and seeing the word “forgiveness,” say a prayer for God to help you to forgive that day.
3. Purpose in your heart to wear a bright, sunny smile all day.
4. Purpose in your heart to be forgiving no matter what happens that day.
5. Using index cards or small sheets of paper, write the word “forgiveness” on them, and put them in places in the house where you will see them.
6. Put one of the cards in your Bible; place others in your schoolbooks or reading books.
7. At noon or lunchtime, go to your room and kneel down and pray, and ask God to continue to help you be forgiving.
8. At dinnertime, have another private prayer time with God, and ask for continued help in establishing the habit of forgiveness.



Day 1 Date _____

1. Did I keep a forgiving attitude all day? _____
2. Was there anything that I was not forgiving about? What was it, and why was I not forgiving?

3. What sin or sins kept me from being forgiving?

4. How did I show my forgiving spirit to others today?

5. What more could I have done to be forgiving today?

Day 2 Date _____

1. Did I keep a forgiving attitude all day? _____
2. Was there anything that I was not forgiving about? What was it, and why was I not forgiving?

3. What sin or sins kept me from being forgiving?

4. How did I show my forgiving spirit to others today?

5. What more could I have done to be forgiving today?

Day 3 Date _____

1. Did I keep a forgiving attitude all day? _____
2. Was there anything that I was not forgiving about? What was it, and why was I not forgiving?

3. What sin or sins kept me from being forgiving?

4. How did I show my forgiving spirit to others today?

5. What more could I have done to be forgiving today?

Day 4 Date _____

1. Did I keep a forgiving attitude all day? _____
2. Was there anything that I was not forgiving about? What was it, and why was I not forgiving?

3. What sin or sins kept me from being forgiving?

4. How did I show my forgiving spirit to others today?

5. What more could I have done to be forgiving today?

Day 5 Date _____

1. Did I keep a forgiving attitude all day? _____
2. Was there anything that I was not forgiving about? What was it, and why was I not forgiving?

3. What sin or sins kept me from being forgiving?

4. How did I show my forgiving spirit to others today?

5. What more could I have done to be forgiving today?

Day 6 Date _____

1. Did I keep a forgiving attitude all day? _____
2. Was there anything that I was not forgiving about? What was it, and why was I not forgiving?

3. What sin or sins kept me from being forgiving?

4. How did I show my forgiving spirit to others today?

5. What more could I have done to be forgiving today?

Day 7 Date _____

1. Did I keep a forgiving attitude all day? _____
2. Was there anything that I was not forgiving about? What was it, and why was I not forgiving?

3. What sin or sins kept me from being forgiving?

4. How did I show my forgiving spirit to others today?

5. What more could I have done to be forgiving today?

Day 8 Date _____

1. Did I keep a forgiving attitude all day? _____
2. Was there anything that I was not forgiving about? What was it, and why was I not forgiving?

3. What sin or sins kept me from being forgiving?

4. How did I show my forgiving spirit to others today?

5. What more could I have done to be forgiving today?

Day 9 Date _____

1. Did I keep a forgiving attitude all day? _____
2. Was there anything that I was not forgiving about? What was it, and why was I not forgiving?

3. What sin or sins kept me from being forgiving?

4. How did I show my forgiving spirit to others today?

5. What more could I have done to be forgiving today?

Day 10 Date _____

1. Did I keep a forgiving attitude all day? _____
2. Was there anything that I was not forgiving about? What was it, and why was I not forgiving?

3. What sin or sins kept me from being forgiving?

4. How did I show my forgiving spirit to others today?

5. What more could I have done to be forgiving today?

Day 11 Date _____

1. Did I keep a forgiving attitude all day? _____
2. Was there anything that I was not forgiving about? What was it, and why was I not forgiving?

3. What sin or sins kept me from being forgiving?

4. How did I show my forgiving spirit to others today?

5. What more could I have done to be forgiving today?

Day 12 Date _____

1. Did I keep a forgiving attitude all day? _____
2. Was there anything that I was not forgiving about? What was it, and why was I not forgiving?

3. What sin or sins kept me from being forgiving?

4. How did I show my forgiving spirit to others today?

5. What more could I have done to be forgiving today?

Day 13 Date _____

1. Did I keep a forgiving attitude all day? _____
2. Was there anything that I was not forgiving about? What was it, and why was I not forgiving?

3. What sin or sins kept me from being forgiving?

4. How did I show my forgiving spirit to others today?

5. What more could I have done to be forgiving today?

Day 14 Date _____

1. Did I keep a forgiving attitude all day? _____
2. Was there anything that I was not forgiving about? What was it, and why was I not forgiving?

3. What sin or sins kept me from being forgiving?

4. How did I show my forgiving spirit to others today?

5. What more could I have done to be forgiving today?

Day 15 Date _____

1. Did I keep a forgiving attitude all day? _____
2. Was there anything that I was not forgiving about? What was it, and why was I not forgiving?

3. What sin or sins kept me from being forgiving?

4. How did I show my forgiving spirit to others today?

5. What more could I have done to be forgiving today?

Day 16 Date _____

1. Did I keep a forgiving attitude all day? _____
2. Was there anything that I was not forgiving about? What was it, and why was I not forgiving?

3. What sin or sins kept me from being forgiving?

4. How did I show my forgiving spirit to others today?

5. What more could I have done to be forgiving today?

Day 17 Date _____

1. Did I keep a forgiving attitude all day? _____
2. Was there anything that I was not forgiving about? What was it, and why was I not forgiving?

3. What sin or sins kept me from being forgiving?

4. How did I show my forgiving spirit to others today?

5. What more could I have done to be forgiving today?

Day 18 Date _____

1. Did I keep a forgiving attitude all day? _____
2. Was there anything that I was not forgiving about? What was it, and why was I not forgiving?

3. What sin or sins kept me from being forgiving?

4. How did I show my forgiving spirit to others today?

5. What more could I have done to be forgiving today?

Day 19 Date _____

1. Did I keep a forgiving attitude all day? _____
2. Was there anything that I was not forgiving about? What was it, and why was I not forgiving?

3. What sin or sins kept me from being forgiving?

4. How did I show my forgiving spirit to others today?

5. What more could I have done to be forgiving today?

Day 20 Date _____

1. Did I keep a forgiving attitude all day? _____
2. Was there anything that I was not forgiving about? What was it, and why was I not forgiving?

3. What sin or sins kept me from being forgiving?

4. How did I show my forgiving spirit to others today?

5. What more could I have done to be forgiving today?

Day 21 Date _____

1. Did I keep a forgiving attitude all day? _____
2. Was there anything that I was not forgiving about? What was it, and why was I not forgiving?

3. What sin or sins kept me from being forgiving?

4. How did I show my forgiving spirit to others today?

5. What more could I have done to be forgiving today?

Day 22 Date _____

1. Did I keep a forgiving attitude all day? _____
2. Was there anything that I was not forgiving about? What was it, and why was I not forgiving?

3. What sin or sins kept me from being forgiving?

4. How did I show my forgiving spirit to others today?

5. What more could I have done to be forgiving today?

Day 23 Date _____

1. Did I keep a forgiving attitude all day? _____
2. Was there anything that I was not forgiving about? What was it, and why was I not forgiving?

3. What sin or sins kept me from being forgiving?

4. How did I show my forgiving spirit to others today?

5. What more could I have done to be forgiving today?

Day 24 Date _____

1. Did I keep a forgiving attitude all day? _____
2. Was there anything that I was not forgiving about? What was it, and why was I not forgiving?

3. What sin or sins kept me from being forgiving?

4. How did I show my forgiving spirit to others today?

5. What more could I have done to be forgiving today?

Day 25 Date _____

1. Did I keep a forgiving attitude all day? _____
2. Was there anything that I was not forgiving about? What was it, and why was I not forgiving?

3. What sin or sins kept me from being forgiving?

4. How did I show my forgiving spirit to others today?

5. What more could I have done to be forgiving today?

Day 26 Date _____

1. Did I keep a forgiving attitude all day? _____
2. Was there anything that I was not forgiving about? What was it, and why was I not forgiving?

3. What sin or sins kept me from being forgiving?

4. How did I show my forgiving spirit to others today?

5. What more could I have done to be forgiving today?

Day 27 Date _____

1. Did I keep a forgiving attitude all day? _____
2. Was there anything that I was not forgiving about? What was it, and why was I not forgiving?

3. What sin or sins kept me from being forgiving?

4. How did I show my forgiving spirit to others today?

5. What more could I have done to be forgiving today?

Day 28 Date _____

1. Did I keep a forgiving attitude all day? _____
2. Was there anything that I was not forgiving about? What was it, and why was I not forgiving?

3. What sin or sins kept me from being forgiving?

4. How did I show my forgiving spirit to others today?

5. What more could I have done to be forgiving today?

Day 29 Date _____

1. Did I keep a forgiving attitude all day? _____
2. Was there anything that I was not forgiving about? What was it, and why was I not forgiving?

3. What sin or sins kept me from being forgiving?

4. How did I show my forgiving spirit to others today?

5. What more could I have done to be forgiving today?

Day 30 Date _____

1. Did I keep a forgiving attitude all day? _____
2. Was there anything that I was not forgiving about? What was it, and why was I not forgiving?

3. What sin or sins kept me from being forgiving?

4. How did I show my forgiving spirit to others today?

5. What more could I have done to be forgiving today?

“If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.” —1 John 1:9

NOTES
