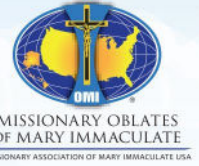




# OBLATE ACADEMY

HELPING CHILDREN KEEP GOD IN THEIR LIVES



## Virtue of the Month for March 2024: Forgiveness

### Teaching Tips for Grades 3-5

#### Definition

Explain to the children the meaning of forgiveness. Forgiveness is a conscious, deliberate decision to release feelings of resentment or vengeance toward a person or group who has harmed you, regardless of whether you feel they actually deserve your forgiveness. Forgiveness does not mean forgetting, nor does it mean condoning or excusing offenses. Just as God has forgiven us, we must forgive others.

#### Scripture

“[And] be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ.” (Ephesians 4:32)

#### Activities

**Teach the children** that these feelings of anger and hatred can cause harm to the person feeling them, so Jesus taught us to try to let them go. In the parable of the Prodigal Son, the father forgives his son when he returns and welcomes him home. In the same way, God waits for humans to realize what they have done wrong, ask for forgiveness and welcomes them back when they do. It is the willingness to ask for forgiveness and change one’s behavior that is central to the idea of forgiveness.

**Pray the Lord’s Prayer**, then discuss the meaning of “forgive us our trespasses as we forgive those who trespass against us.” Forgiving someone who has caused us harm or pain is difficult to do. But explain to them that Jesus forgave those who crucified Him. This act of forgiveness shows that any act can be forgiven. Jesus is teaching us to ask for forgiveness—something that we all need, because we all have sinned.

Write down anyone we would like to pray for, including ourselves.



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**Explain to the children** that sometimes forgiveness can take time, it is not always easy, and we may need to forgive someone multiple times. The Lord's Prayer can help comfort us and help us pray for forgiveness.

## **Activity Sheets**

Use these activity sheets:

- Putting Forgiveness in Practice
- Putting Forgiveness in Writing: Letter of Forgiveness

Write a letter using our Letter of Forgiveness Worksheet as a guide.