



# Live It Out—Discover how to love like Jesus

## DAY 1

### Read Colossians 3:13

**When someone hurts you or does something unkind, you could pay them back, choose to stay mad, or as Queen Elsa would say, you could “let it go!” That’s what the “put up with one another” part of this verse means.**

**If someone is consistently being unkind, you need to ask a trusted adult for help. But for the everyday mistakes people make, forgiveness is always the wise choice. Remember, God doesn’t hold your mess-ups against you. God is always willing to “let it go” when we mess up.**

**Check out the new lyrics to “Let It Go” below (you can even sing them if you want to). Then pray, thanking God for being willing to forgive you, always.**

Let it go, let it go  
Can’t stay mad forevermore  
Let it go, let it go  
Forgive and open the door.  
I don’t care if it seems crazy  
Let it go and move on  
It wasn’t really worth it anyway.

## DAY 2

### Read Luke 17:3–4

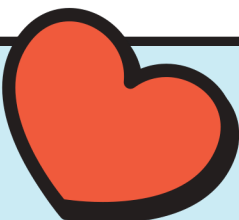
**Count to seven on your hands. According to this verse, if someone does something hurtful or unkind seven times but asks for forgiveness each time, what should you do? Choose an answer below:**

1. Tell them to get lost.
2. Bring up every other time they’ve messed up to make your point.
3. Say or do something unkind to get even.
4. Refuse to listen or forgive.
5. Tell them you don’t believe they’re sorry.
6. Ignore them.
7. Forgive, every single time.

**Did you choose number seven? When someone messes up and asks you for forgiveness, it’s okay to tell them they were wrong and how it hurt. But what’s NOT okay is to refuse to forgive. As a Jesus follower who has already been forgiven, your job is to show that same love and forgiveness to others.**

### Forgive

Cross out the first six answers above and write the word “FORGIVE” instead. Spend some time asking God to help you forgive as many times as you’re asked, knowing that when you forgive others, it can change them.





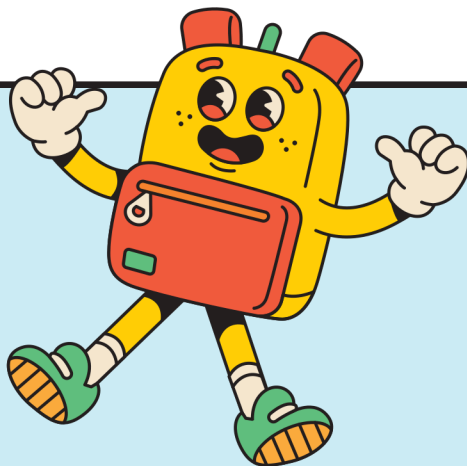
DAY 3

## Read Proverbs 17:9

Forgiveness is hard. Sometimes we'd rather be right and make a point. We want the other person to understand why we're hurt and to somehow guarantee they won't ever mess up and hurt us again. Since no one is perfect, eventually the people you spend time with will mess up and those mess-ups might really. . . well, when it comes to forgiveness, being right is **NEVER** more important than your friendship. Winning an argument isn't the goal, protecting the relationship is. If you keep bringing it up to make the other person feel bad, you'll never be close to that person. That's why it's **SO** important to take the first step to forgive.

### First-Step Forgiveness

Place a piece of paper on the floor, put your foot on the page, and trace around it to create a footprint. Inside your footprint outline, write, "Take the first step to forgive." As you hold up your footprint, ask God to help you forgive so that you can protect your relationships.



DAY 4

## Acts 10:43

Why is it hard to forgive? Think about the last time someone hurt you. How did you respond? Did you stay mad? Did you say something unkind back? Are you still mad?

Do you see the word 'all' in today's verse? It comes up twice. First, the writer talks about how all the prophets, (those chosen by God to deliver an important message) tell us about Jesus. And all who believe in Him will be forgiven.

'All' includes the kid you still haven't forgiven. 'All' includes your parents, your teachers, your favorite coach, and your grandparents. 'All' includes the kids no one talks to and the kids everyone wants to hang out with. 'All' includes you. God's forgiveness is **SO** big that it covers everything. Ask God to help you choose to forgive, because everyone needs forgiveness.



Forgive one another.