

Day 2

Read Colossians 3:13

As you read Colossians 3:13, underline every word or phrase that has to do with forgiveness.

There are a lot of underlined words in this one verse, aren't there?

God cares about forgiveness and wants us to understand just how important forgiveness is!

Day 3

Friends forgive one another.

But forgiveness isn't always easy. Sometimes our friends can really hurt our feelings—or we can hurt theirs. Is there someone you need to forgive right now—or someone you need to ask forgiveness of? If not, you've probably experienced one of these recently. Talk to God about it and ask for help being a friend who forgives—and who apologizes when you are the one who needs forgiveness!



Dear God, I know I need to forgive (or apologize) _____
for _____.
This is hard for me because _____.
Please help me to forgive (apologize to) _____.
Thank You for always forgiving me and showing me what it looks like when friends forgive one another. In Jesus' Name, I pray. Amen.

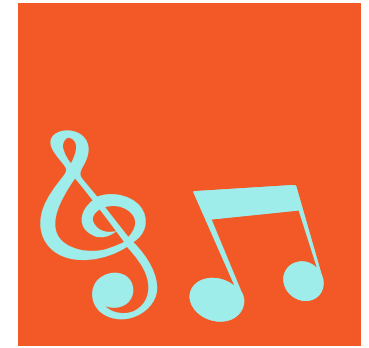
Day 4

Look back on the situation that you prayed about yesterday.

Today it's time to put that prayer into action and talk to the person you need to forgive or who you need to ask forgiveness from.

Depending on the situation, you might want to ease the tension by:

- Suggesting you meet somewhere for ice cream or smoothies
- Meeting at a park for a walk—sometimes it's easier to talk when you're moving
- Writing it in a letter and hand-delivering the note
- Planning a way to “make it right” and including that in your apology



Day 5

Why is forgiveness important?

If possible, get down on the floor and do as many push-ups as you can. Wait a minute, and then try to do the same amount, plus one more. If you do this every day, your strength will grow and you'll find it gets easier to do push-ups!

Believe it or not, forgiveness is something you can get better at with practice—both asking for it and offering it to others. When you work your forgiveness muscle, it gets stronger and makes it easier to forgive—and ask for forgiveness—in all your relationships.

(Note: if you have a friend who is always hurting you and never apologizing, that may not be a good friendship to be a part of. Friends forgive one another, but friends also shouldn't constantly be doing things that require forgiveness!)

So keep working on that forgiveness muscle and watch your friendships get stronger!