

A LESSON ON *forgiveness*

MATERIALS: Soapy water in a bowl, packing tape, Scissors, Washable Marker

Cut out the heart from paper and completely cover front and back with packing tape to laminate it. Then cut off excess tape leaving a 1/4 outline of tape to keep the water from seeping through to the paper.

LESSON:

As we are forgiving like the Savior our hearts are full of joy and filled with the spirit. We have a greater capacity to feel and show love when our hearts are whole. Our hearts are mended and become purified as we wash away those hurtful feelings through forgiveness, understanding, and Christ-like love. Share a personal experience when someone has wronged you and how after forgiving that person you felt peace in your heart.

VISUAL ACTIVITY:

Use a washable marker to mark up the heart. Explain that the markings represent pain, anger, grudges, and sadness that we feel when someone hurts our feelings. Mark up the heart a dozen more times to show that hanging on to those bad feelings build up to grow and fester. Dip and swish the heart into the soapy water. When we choose to forgive, our hearts are freed from the pain we were feeling. The water represents the Savior's atonement. He is the living water and as we use the atonement our hearts can be made clean again, allowing us to feel the joy of his redeeming love.



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