

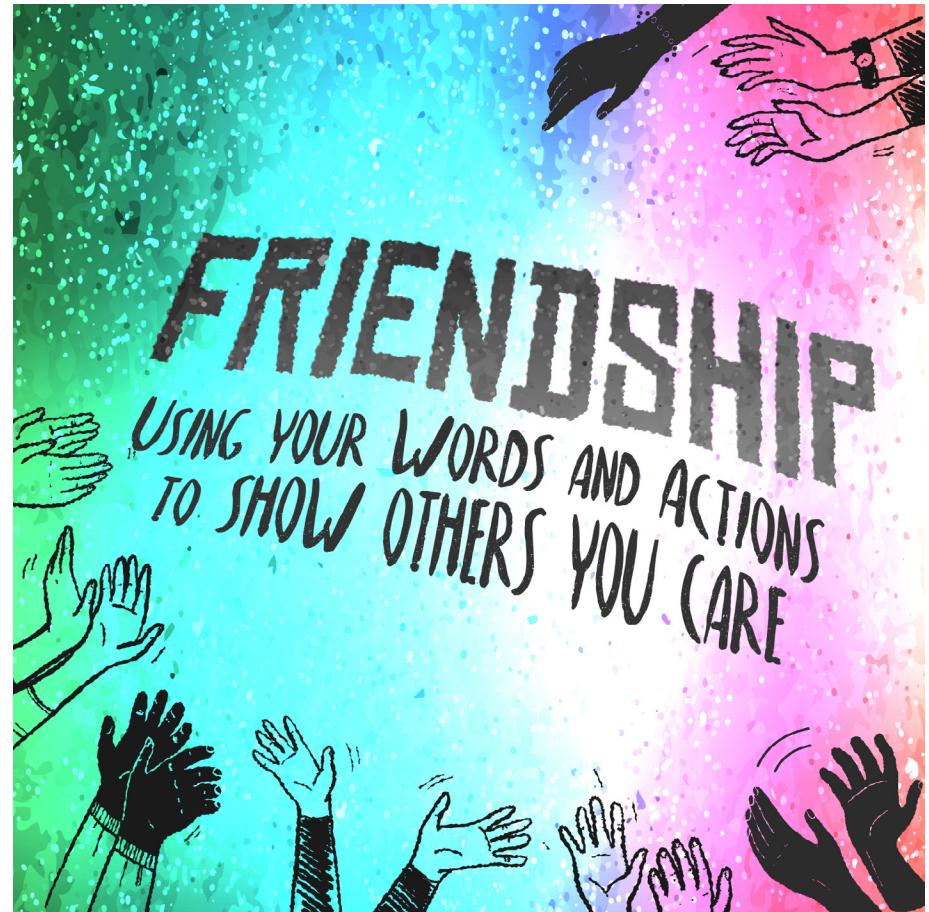
Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

HOW DO YOU REACT WHEN A FRIEND HURTS YOU?

Preteen

Week 4



Day 1

Go to Studio252.tv and watch this week's episode of The So & So Show.

→ Click on Fun2Watch! then The So & So Show.

**Even if you already saw it at church,
feel free to check it out again!**

SO & SO TOP 3

After watching, write one thing that:

1. You liked: _____

2. You learned: _____

3. You'd like to know: _____



PARENT CUE

Download the free Parent Cue App
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Day 2

Read John 21:1-17

Grab your favorite drawing supplies, and as you read through John 21:1-17, every time an animal is mentioned, draw it. (Hint: There will be a lot of fish.)

When you're done, go back and read verses 15-17. This conversation may seem a little strange to us, but to Peter, it meant one REALLY important thing: Jesus was forgiving him.

At the top of the drawing you just made, write "Friends forgive one another." Hang the drawing somewhere you will see it regularly to remind you of the story of Jesus and Peter and to forgive your friends!

Day 3

Forgiveness isn't easy. In fact, it's pretty hard sometimes. But thankfully Jesus gave us a great example of forgiveness—both with His friendship with Peter, and with us!

Is there someone you need to forgive right now? If so, use this prayer (or use your own words) to ask God for help.

Dear God, thank You for the gift of friendship, and for the example we see from Jesus of how friends forgive. Right now, I'm pretty upset with _____ because _____. But I care about our friendship, and I want to make things right. Please help me forgive ______. Help me to choose our friendship over being right. Thanks, God! In Jesus' name, Amen.

If your friendships are in a good place right now and you don't have anyone you feel you need to forgive right now, then pray this prayer.

Dear God, thank You for the gift of friendship, and for the example we see from Jesus of how friends forgive. I am really thankful for all of my friends. Help me to always remember that You have forgiven me. Help me to always choose friendship over being right. Thanks, God! In Jesus' name, Amen.

Day 4

Remember the prayer you prayed yesterday? If you chose prayer #1, and there was someone you need to forgive, today is the day to make things right. There are a few ways to do this:

- 1) If your friend asked for your forgiveness, just go to them and tell them you have!**
- 2) If your friend hasn't asked for forgiveness, you may want to start out by (kindly) explaining how you were hurt by something they said or did. Then explain that you have forgiven them because you care about them, and friends forgive!**

If you chose prayer #2, and your friendships are all in a good place, then go find someone you respect and chat for a second about what forgiveness has looked like in their life. Ask them questions like:

- 1) When have you been forgiven by friend? How did being forgiven change your friendship?
- 2) When have you found it hard to forgive a friend? How did you end up choosing forgiveness?

P.S. It may also be that you are the friend who needs to ask for forgiveness. Think about your friendships. Is there anyone who you may have hurt recently? If so, go and talk to your friend and apologize. Friends forgive, so a good friend will forgive you!



Day 5

When a friend hurts you, at first it can be hard to forgive. Even if you know you should forgive, sometimes you may not know how.

Believe it or not, practicing can help! Forgiveness may not come naturally to us, but it is something we can get better at.

Place an empty chair in the middle of the room. Then think back to the last time someone hurt your feelings. Imagine that person is in the chair and is asking for your forgiveness. Have a conversation with that pretend person in the chair. Create an imaginary conversation where your friend asks your forgiveness (be specific) and you choose to forgive them.

It may feel a little silly, but it really does help to imagine ourselves forgiving our friends.

And forgiving our friends paves the way for our relationship to not just continue, but also to grow stronger!