

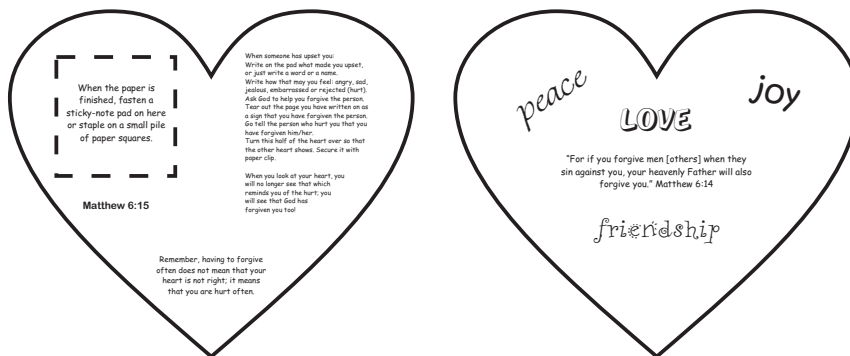
# The forgiving / forgiven heart

What you will need:

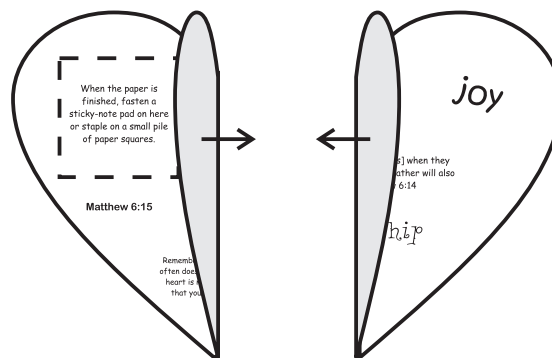
- The two heart templates (page 2 and 3) printed on card.
- Paper clips
- Glue
- Sticky-notes (Post-it notes) or paper squares (page 4)
- Scissors
- Stapler

Instructions:

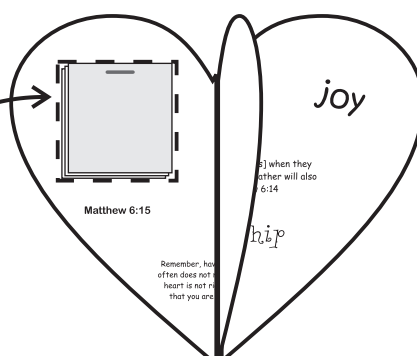
- Cut out both hearts (page 2 and 3) and fold them in half.
- Glue the hearts together as shown below.
- Decorate the heart.
- Staple on paper squares or glue on a thin pile of sticky-notes.



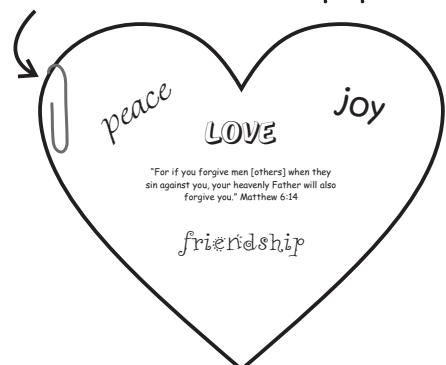
Glue the two halves together (back-to-back)



Staple on a few sheets of notepaper



Heart secured with paper clip



When the paper is finished, fasten a new 'Post-it' pad on here or staple on a small pile of paper squares.

When someone has upset you:

- Write on the pad what made you upset, or just write a word or a name.
- Write how that may you feel: angry, sad, jealous, embarrassed or rejected (hurt).
- Ask God to help you forgive the person.
- Tear out the page you have written on as a sign that you have forgiven the person.
- Go and tell the person who hurt you that you have forgiven him/her.
- Turn this half of the heart over so that the other heart shows. Secure it with paper clip.

When you look at your heart, you will no longer see that which reminds you of the hurt; you will see that God has forgiven you too!

## Matthew 6:15

Remember, having to forgive often does not mean that your heart is not right; it means that you are hurt often.

*peace*

*joy*

**LOVE**

"For if you forgive men [others] when they  
sin against you, your heavenly Father will also  
forgive you" Matthew 6:14.

*friendship*



