

# A Christian's Secret Weapon

## PRESCHOOL LESSON PLAN

**Theme:** Forgiveness

**Scripture:** Ephesians 4:25-5:2

**Memory Verse:** Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:32

## The Children's Sermon

This letter was written many years ago by one of the first Christians named Paul. Paul was a great leader in the church just after Jesus rose from the dead. Paul traveled around quite a bit and made friends for Christ. He liked to keep in touch with all the people he met and he liked to reach out to others he knew were trying to follow Christ. He was helping to build the first church.

The first Christians often had problems. The part of the Bible about Jesus hadn't been written yet. They were just figuring out how to be a church and sometimes they fought among themselves and sometimes they just didn't know the right thing to do. Paul's letter answers their questions and gives them advice on how to be better followers of Christ. Even though this letter was written two thousand years ago, its advice is still good for us today as we try to be better Christians.

In this long letter to the Ephesians, Paul tells them what to do when they are angry. Have you ever been angry? What did you do when you were angry? Did you feel like you needed help? Everybody gets angry. And that's all right. Paul doesn't tell the Ephesians

not to get angry. Instead, he gives them two secret weapons they can use when they start to feel angry. Can you guess what they are?

One of them is LOVE. Paul tells the Ephesians and us to imitate God and Christ. He tells us to live in love. He says be tender and kind. Sounds simple, doesn't it? Well, sometimes we forget and look for ways to get even with people who make us mad. That brings us to a second secret weapon.

This secret weapon is really powerful. It is a true superpower. If you learn to use it, you will be a superhero. You don't have to be big or strong to use this superpower. You just have to practice. This powerful secret weapon is FORGIVENESS. Sometimes, maybe even most of the time, it is hard to forgive someone when we are angry. But you will be surprised if you work at it, you will discover that once you forgive someone, the other person feels better, but so do you! It sounds impossible, but let's all give it a try. The next time we get angry, let's look for a way to forgive. It might be hard at first. It does take practice. And I can tell you even grown-ups have to work at this a bit. But we can do it and God will help us.

Now, let's talk more about Forgiveness and Love. Imagine you have a toy, and your friend accidentally breaks it. You might feel really upset, right? But if you remember Forgiveness and Love, you can think about how your friend didn't mean to break it. Maybe you can say, "It's okay, I know it was an accident. We can try to fix it together." That's showing Forgiveness and Love.

Forgiveness and Love are like a magic key that can open up any locked door. They can turn a bad day into a good one. They can turn a frown upside down. When we choose

Forgiveness and Love, we're choosing to be like superheroes, just like Paul said. We're choosing to make the world a better place, one kind act at a time.

Sometimes, Forgiveness and Love can be like a game of catch. When someone throws you a ball of kindness, you catch it and throw it back with Forgiveness and Love. It goes back and forth, making everyone feel happy and light. It's a game where everyone wins!

Now, imagine if a friend says something that hurts your feelings. Instead of getting mad and saying something mean back, you can pause and think about Forgiveness and Love. You can say, "That hurt my feelings, but I still care about you. Can we talk about it?" This way, you're opening the door for understanding and healing. You're being brave and kind.

Remember, using Forgiveness and Love doesn't mean you let people treat you badly. It means you're strong enough to talk about problems and find ways to fix them together. It means you're giving yourself and others a chance to do better next time.

I hope you don't get angry this week. It is never fun to feel angry, but if you do start to feel anger, stop and remember the word FORGIVENESS. Take a deep breath and while you are exhaling think of a way you can forgive. Then work at it. Practice! Let me know next week if you had a chance to try using your superpower, forgiveness, and tell me how it made you feel.

But what if someone doesn't say sorry? That's when Forgiveness and Love become even more powerful. You can choose to forgive them in your heart. This doesn't mean what they did is okay, but it means you're choosing not to carry around anger. You're choosing peace for yourself.

Forgiveness and Love are like seeds. When you plant them, they grow into beautiful flowers of kindness and friendship. The more you practice, the more flowers you'll have in your garden. And just imagine how beautiful a garden full of Forgiveness and Love would look!

So, this week, let's all be superheroes of Forgiveness and Love. Let's look for ways to be kind, to forgive, and to spread love everywhere we go. Let's make our world a garden of kindness, one act of Forgiveness and Love at a time.

## Bible Memory Verse

**Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:32**

You Will Need:

- Colored construction paper
- Scissors
- Glue sticks
- Markers or crayons

Get Ready:

- Cut the construction paper into heart shapes, one for each child.
- Write 'Ephesians 4:32' on each heart with a marker.

Do This:

1. Give each child a heart and ask them to decorate it with markers or crayons, expressing kindness and forgiveness.

2. While they decorate, talk to them about what it means to be kind and forgive others, using simple examples they can understand.
3. After decorating, encourage the children to share their hearts with someone else in the class as a gesture of forgiveness and kindness.

## Bible Interactive Experience

You'll Need:

- Soft toy hearts (one for each child)
- Simple storybook about forgiveness (age-appropriate)
- Coloring pages with images of friends hugging, saying sorry, etc.
- Crayons or washable markers

Get Ready:

- Set up a comfortable reading area with cushions or a rug.
- Prepare a small table or space for coloring activities.
- Pre-read the storybook to familiarize yourself with the content.

Do this:

1. Gather the children in the reading area and introduce the theme of forgiveness, explaining it means saying sorry and not staying mad at friends.
2. Read the storybook aloud, emphasizing how the characters forgive each other. After reading, discuss the story with questions like, "How did the character feel when they were forgiven?" or "What would you do if you were in the story?"
3. Hand out a soft toy heart to each child, explaining it represents kindness and forgiveness. Encourage them to think of someone they can forgive or say sorry to and hug the heart as a sign of their willingness to forgive.

4. Move to the coloring activity, distributing the coloring pages and crayons/markers. As they color, encourage them to talk about times they forgave someone or were forgiven.

5. Conclude by reminding them that just like in the story and their coloring pages, being kind and forgiving makes everyone feel happy and loved, just as Ephesians 4:25-5:2 teaches us to be kind and compassionate, forgiving each other.

## Snack Activity: Heart-Shaped Forgiveness Sandwiches

You'll Need:

- Bread
- Strawberry jam
- Cream cheese
- Heart-shaped cookie cutter

Get Ready: Make sure the cream cheese is softened for easy spreading.

Do this:

1. Use the heart-shaped cookie cutter to cut out heart shapes from slices of bread. Explain that the heart shape reminds us to keep our hearts full of love and forgiveness, just like Ephesians 4:25-5:2 teaches us.
2. Spread a thin layer of cream cheese on one heart-shaped bread slice. The cream cheese represents the purity and freshness of our hearts when we choose to forgive.
3. Spread a thin layer of strawberry jam on another heart-shaped bread slice. The jam represents the sweetness that forgiveness brings to our lives and relationships. Put the two slices together to make a sandwich.
4. Enjoy the sandwich together while discussing how forgiving each other makes our hearts happy and brings us closer to each other and to God.

## Game Activity: The Forgiveness Path

You'll Need:

- Colorful tape or chalk
- Forgiveness cards (simple cards with scenarios where forgiveness might be needed, e.g., 'Someone knocked over your block tower')
- A small prize or sticker for each child

Get Ready: Use the tape or chalk to create a simple path on the floor, with a start and finish line. Place the forgiveness cards face down along the path at regular intervals.

Do this:

1. Explain to the children that they are going on a journey along the Forgiveness Path. Along the way, they will find cards with scenarios where they can practice forgiving others, just like in Ephesians 4:25-5:2.
2. Let the children take turns walking along the path. When they reach a card, they pick it up, and the teacher reads it out loud. The child then says, 'I forgive you,' practicing forgiveness.
3. Once the child says, 'I forgive you,' they can continue along the path. When they reach the end, they receive a small prize or sticker to remind them of the importance of forgiveness.

## Craft Activity: Heart of Forgiveness

You'll Need:

- Construction paper (various colors)
- Safety scissors

- Glue sticks
- Markers

Get Ready: Pre-cut heart shapes from the construction paper. Ensure there are enough hearts for each child to have several.

Do this:

1. Give each child a pre-cut heart and markers. Ask them to think of a time they felt hurt or upset by someone. Have them draw a face that shows how that made them feel on one side of the heart.
2. On the other side of the heart, discuss Ephesians 4:25-5:2, focusing on being kind, tenderhearted, and forgiving. Encourage them to draw a happy face and write or attempt to write the word 'Forgive' under the happy face.
3. Lastly, let the children use glue sticks to attach their hearts to a larger piece of construction paper, creating a 'Forgiveness Garden'. Encourage them to share their hearts if they feel comfortable, discussing the importance of forgiveness and how it makes our hearts happy.

## Prayer Activity: Forgiveness Flower Garden

You'll Need:

- Construction paper in various colors
- Scissors (for teacher use only)
- Markers or crayons

Get Ready: Before the class, cut out flower shapes from the construction paper. Each child will need one flower. Write each child's name on a flower.



Do this:

1. Begin by telling the children that just like flowers need water and sunlight to grow, our hearts need forgiveness to be happy and healthy.
2. Give each child a flower with their name on it and ask them to think of a time they needed to forgive someone or needed forgiveness. If they can, they should draw a symbol of that moment on their flower—like a sad and then a happy face.
3. Gather all the flowers and create a 'Forgiveness Garden' on a wall or table where all the children can see. Explain that every time we forgive, it's like planting a flower in our heart's garden, making it more beautiful.