



# I am FREE

## Forgiveness Activity Download

### Instructions

After discussing those who have hurt us, address what the Bible says regarding forgiveness. Allow the girls time to process these commands, and offer an opportunity to write a letter to someone they need to give forgiveness to.

1. Print the following page (one for each girl)
2. Propose the challenge:

Instruct them to prayerfully decide how to write a letter of forgiveness to someone who has hurt them. Encourage each girl that this does not mean they condone or approve of the behavior. Rather, they are acknowledging that they love Christ more than they hate the person who hurt them.

There is freedom in forgiveness.



Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven. Give, and it will be given to you. Luke 6:37-38