



Choosing to Forgive  
as we are Forgiven

# PRAYER JOURNAL

102



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DAY 1

# What is Anger?

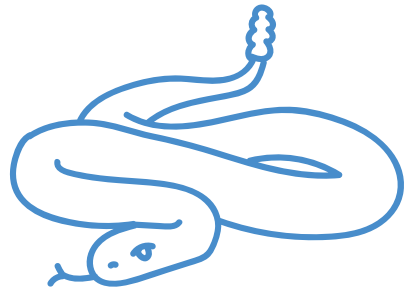
## STORY

Have you ever seen a rattlesnake? Most people are scared of them, and for good reason. Rattlesnakes are venomous, and a bite from one can be fatal. When rattlesnakes get angry, they shake their rattle to warn other animals to stay away. If the animal doesn't stay away, the rattlesnake will strike. Occasionally, if a rattlesnake becomes very angry and upset, they will stop thinking clearly and bite themselves by mistake. Some snakes have even died from biting themselves.

When we do not forgive others, we are like a snake that is so angry it bites itself. Our bitterness only hurts ourselves.

## Anger Takes Root

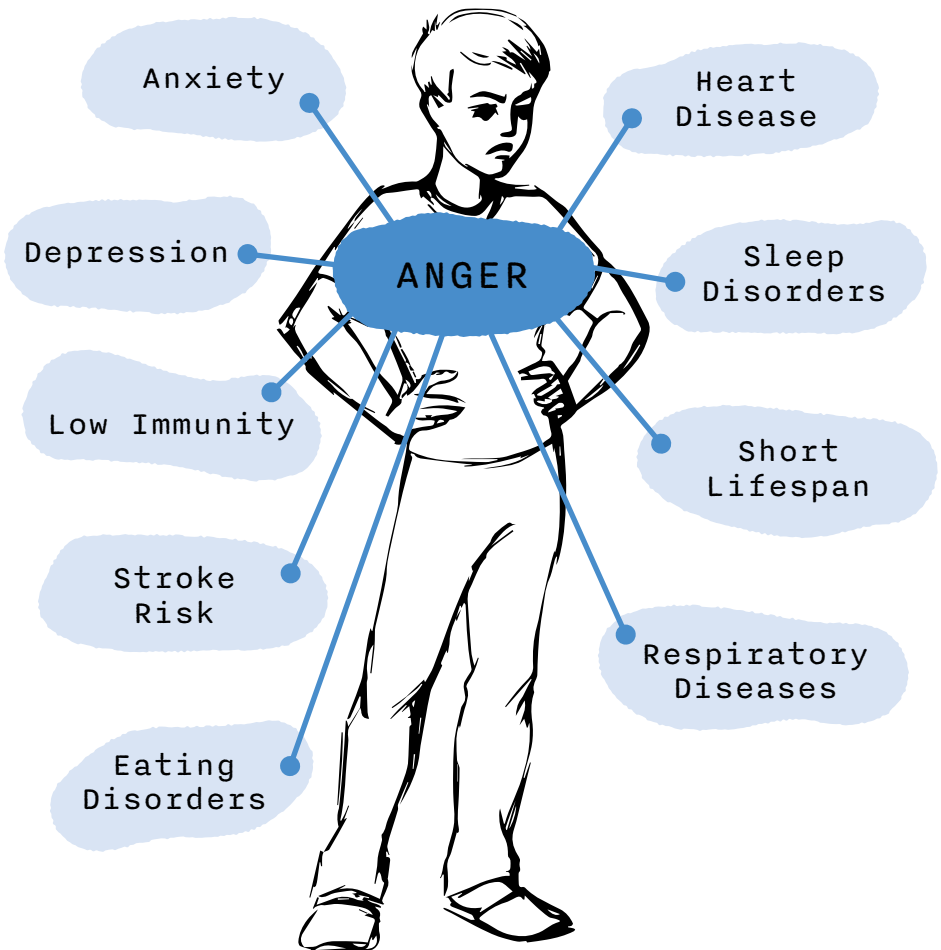
Anger can be like a seed that lands in the dirt. If it is left, there it will start to grow and its roots will go deeper and deeper. The more it grows, the harder it is to get rid of. If we allow our anger to stay in our hearts, it will grow and become harder and harder to let go. If we can learn to and choose to forgive and let go of our anger before it takes root, our lives will be filled with more peace. Just like it is easy to get rid of a seed before it sprouts and grows roots.



# Sayings to Remember about Anger

There is an old saying that goes, “You can’t stop a bird from flying over your head, but you can stop it from making a nest in your hair.” Anger is kind of like a bird. You might not be able to stop yourself from feeling angry when someone makes you upset. But you can stop yourself from holding onto that anger and allowing it to grow inside you.

There are lots of reasons we should try and let go of anger. Did you know that anger is actually bad for your health? Look at all the problems anger can cause!



## FILL IN THE BLANK

Write down the words that you think go in each blank. Then compare your answers to the verses in the back of the book and see if you were correct.

“In your anger do not \_\_\_\_\_: Do not let the sun go down while you are still angry.”

Ephesians 4:21 NIV

“An angry person causes trouble. A person who gets angry easily \_\_\_\_\_ a lot.”

Proverbs 29:22 ICB

“You can recognize \_\_\_\_\_ by the way they give full vent to their \_\_\_\_\_ and let their words fly! But the wise bite their tongues and hold back all they could say.”

Proverbs 29:11 TPT



## ACTIVITY



Read each quote and write down what you think it means:

“Bitterness is like drinking poison and waiting for the other person to die.” - Unknown

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“Holding a grudge is like letting someone live rent-free in your head.” - Unknown

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“There’s no such thing as a bitter person who keeps the bitterness to himself.” - Erwin W. Lutzer

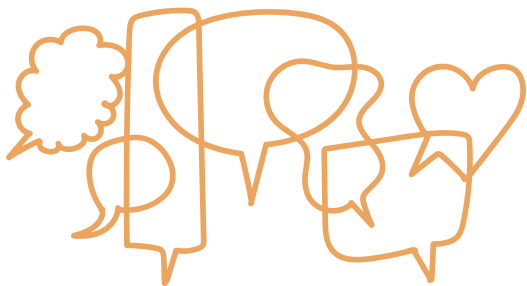
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“Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured.” - Mark Twain

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## DISCUSSION QUESTIONS

1. How does our anger hurt us?
2. Does the Bible say anger is a sin?
3. Is it ever good to be angry?

### Optional Question for Teens

How has your anger hurt you in the past?

## JOURNAL QUESTION



Is there anyone in your life that you are having trouble forgiving? Why is it hard for you to forgive them?

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## PRAYER

"Father, please help us not to be bitter toward people who have hurt us. Help us choose to forgive people quickly. Help us to understand how anger hurts us."

APPENDIX A

Pg. 30

Anger affects each of us differently. Go check out Appendix A for a fun activity about anger!

DAY 2

# What is Forgiveness?

## STORY

Ollie couldn't stop grinning. After months of wishing, there it was - a bright red bike, his birthday present from Mom. He rode until the streetlights came on, loving every minute.

The next day after school, his heart dropped. His bike wasn't where he'd left it. Down the street, he spotted his older brother Axel riding it. Ollie ran after him and shouted for Axel to stop, but Axel ignored him. Ollie ran until his legs burned, but Axel was too fast.

Hours later, Ollie found his bike abandoned in the yard. His stomach twisted when he saw the front wheel was bent. The bike was ruined.

Boiling with rage, he pounded on Axel's bedroom door. "Did you break my bike?" he demanded. Axel just glared and slammed the door in his face.

Sitting on his bed later, Ollie's hands were still shaking. He hated this feeling - the anger felt like it was eating him up inside. Even though Axel hadn't apologized, even though it wasn't fair, Ollie made a choice: he would forgive his brother.

The anger didn't disappear instantly. Sometimes it crept back, and Ollie had to remind himself of his decision to forgive.

A week later, Mom brought home a replacement wheel.

When Axel asked to borrow the bike again, Ollie was ready with his answer:

“Not yet,” he said firmly. “I forgive you for breaking it before, but I don’t trust you to take care of it like I do.”

## About Forgiveness

Forgiveness is a choice we make with God’s help. It means:

- Letting go of anger even when the other person hasn’t apologized
- Freeing ourselves from the weight of bitterness
- Moving forward with a lighter heart

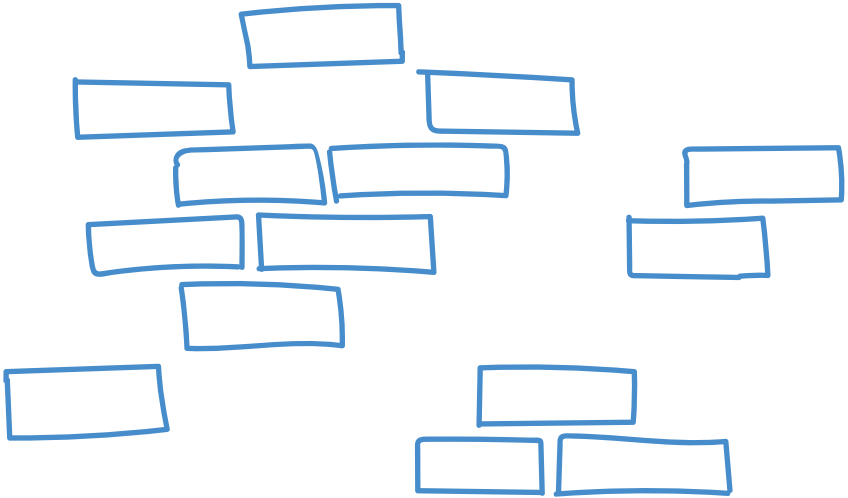
But forgiveness doesn’t mean:

- Instantly trusting the person again
- Pretending nothing happened
- Letting yourself be hurt repeatedly

Trust takes time to rebuild. You can forgive someone while still being wise about protecting yourself from future harm.

**Remember:** God asks us to forgive because He knows unforgiveness hurts us more than the person we’re angry with.





**FILL IN THE BLANK**

Write down the words that you think go in each blank. Then compare your answers to the verses in the back of the book and see if you were correct.

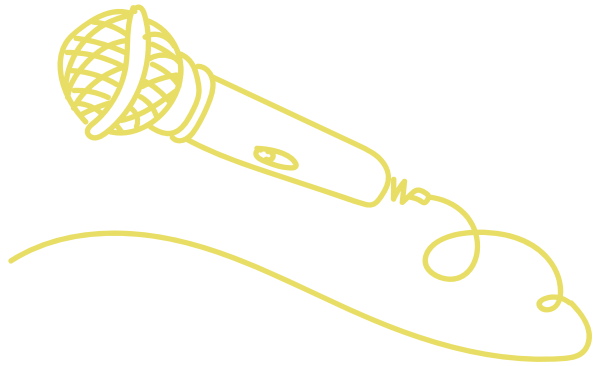
“Lay aside bitter words, temper tantrums, revenge, profanity, and insults. But instead be \_\_\_\_\_ and affectionate toward one another.

Has God graciously forgiven you? Then graciously \_\_\_\_\_ one another in the depths of Christ’s love.”

Ephesians 4:31-32 TPT

“A gentle answer will calm a person’s anger. But an \_\_\_\_\_ word will cause more anger.”

Proverbs 15:1 ICB



## DISCUSSION QUESTIONS

1. What is the difference between forgiveness and just saying “Sorry”?
2. When we forgive someone, does that mean they will never try to hurt us again?
3. When we love someone, does that mean we give them whatever they ask for?

### Optional Questions for Teens

1. Why is it so difficult to forgive sometimes?
2. Why does forgiveness make us feel better?
3. Can you forgive someone even if they don't ask for forgiveness?

# ACTIVITY



Circle whether each statement is true or false.  
Then write down why.

True or False - Forgiveness is telling  
someone you are sorry.

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True or False - Forgiveness is doing  
whatever the person you were angry at  
asks you.

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True or False - Forgiveness is letting  
go of your angry feelings.

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True or False - Forgiveness is trying  
to treat others the way Jesus would.

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True or False - Forgiveness means  
forgetting why you were angry.

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## JOURNAL QUESTION

Is there anyone in your life who made you really angry or hurt your feelings? Have you ever tried to let go of that anger?

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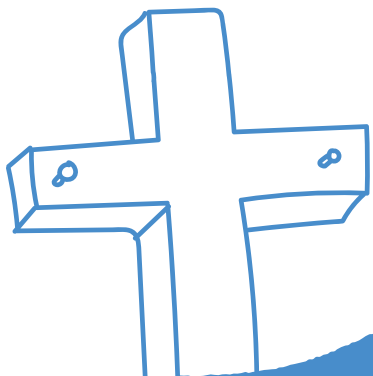
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## PRAYER

“Father God, help us to understand the gift of forgiveness. Help us to be more like Jesus and forgive people who hurt us.”

## APPENDIX B



Pg. 32

Sometimes it can be hard to forgive people if we haven't practiced it. Go check out Appendix B for an activity that will help you learn about forgiveness from other people who have already practiced it.

## APPENDIX C



Pg. 34

In our story today we talked about a boy whose brother broke his bike, but sometimes people do things that are much worse to us than breaking our bike. Go through Appendix C with an adult to learn more about really hard to forgive things.

DAY 3

# How Do I Forgive?

## STORY

Tommy had a secret in his backpack. It wasn't filled with books or toys – it was filled with rocks. But these weren't just any rocks. Each one was a memory of something that made him angry.

When Billy pushed him at recess? A rock went in the backpack.

When his sister broke his favorite toy? Another rock.

When Dad missed his baseball game? A big, heavy rock joined the pile.

Soon, Tommy's backpack grew so heavy he could barely walk. He huffed and puffed up the stairs at school. He couldn't run and play like he used to because the rocks were so heavy. But he refused to let go of a single one. "These rocks remind me to stay mad," he'd tell himself.

One sunny afternoon, Tommy discovered something strange – a huge pile of rocks with a wooden cross standing in the middle. As he stared at it, wondering what it meant, he heard soft footsteps behind him.

An old man with a snow-white beard and a wooden cane stood there. Without noticing Tommy, the man walked to the cross, whispered something, and dropped a tiny pebble onto the pile.



When the old man finally saw Tommy watching, he smiled. “This is a special place,” he said softly. “It’s where people come to let go of their anger.”

The man patted his own back. “I used to carry rocks just like you. So many rocks that my back hurt all the time. Then someone told me about Jesus’ promise: ‘Come to me, all of you who are tired from carrying heavy loads, and I will give you rest.’”

The old man’s eyes twinkled. “At first, it was hard to let go. But each time I brought my angry rocks to Jesus, my load got lighter. Now I bring my rocks here right away, before they get too heavy.”

Tommy looked at his bulging backpack, then at the pile of rocks around the cross. How many other kids had carried their anger rocks here? Slowly, he slipped off his backpack.

One by one, Tommy pulled out his rocks:

- The rock from Billy pushing him
- The rock from his broken toy
- The rock from the missed baseball game

With each rock he set down, Tommy whispered, “Jesus, please help me forgive.” It took a long time to empty his backpack, but when he finished, Tommy stood up straight and tall.

For the first time in months, he felt light enough to fly.

Walking home, Tommy smiled. His backpack was empty, but his heart was full.





## FILL IN THE BLANK

Write down the words that you think go in each blank. Then compare your answers to the verses in the back of the book and see if you were correct.

“A \_\_\_\_\_ person is patient. He will be honored if he \_\_\_\_\_ a wrong done against him.”

**Proverbs 19:11 ICB**

“Come to me, all of you who are tired and have heavy loads. I will give you \_\_\_\_\_.”

**Matthew 11:28 ICB**

“Ask God to \_\_\_\_\_ those who say bad things to you. \_\_\_\_\_ for those who are cruel to you.”

**Luke 6:28 ICB**

## DISCUSSION QUESTIONS

- 1 . What does anger feel like to you?
- 2 . Can Jesus help you with forgiving and letting go of the anger, like rocks, that weigh you down?
- 3 . How can we take our “anger rocks” to Jesus to help us to live free from those burdens?
- 4 . How often do you think we need to bring “anger rocks” to Jesus and leave them there?

### Optional Question for Teens

Is there anything in your life that you are struggling to forgive? Why is it so difficult?



## ACTIVITY

Circle the number that best represents how angry each event makes you.

1. When someone cuts in front of you in line.

Not angry at all - 1 2 3 4 5 6 7 8 9 10 - Very Angry

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2. When someone says they will come see you, but they don't show up.

Not angry at all - 1 2 3 4 5 6 7 8 9 10 - Very Angry

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3. When someone hurts a person you love.

Not angry at all - 1 2 3 4 5 6 7 8 9 10 - Very Angry

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4. When someone reminds you about something in your past that you don't like.

Not angry at all - 1 2 3 4 5 6 7 8 9 10 - Very Angry

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5. When someone makes a promise but then doesn't keep it.

Not angry at all - 1 2 3 4 5 6 7 8 9 10 - Very Angry

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For every event that you circled a 5 or higher, go back and write down something you can do to help you feel less angry.

## JOURNAL QUESTION



How does it feel to forgive and then do nice things for someone, even after that person made you mad?

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## PRAYER

“Father God, help us to love people who hurt us and make us angry even when they don’t apologize. Please give us wisdom to know how to stay calm when we feel angry. Please remind us by Your Holy Spirit to take our anger to the Cross of Jesus and leave those burdens there.”



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**APPENDIX D**

It can be tough to remember how we can forgive. Check out Appendix D for an activity that will help you learn the 5 fingers of forgiveness.

## DAY 4

# Continuing to Practice Forgiveness

### STORY



Corrie Ten Boom and her sister were arrested for helping people escape from the enemy during World War II. They were badly mistreated during their imprisonment, and suffered more than we can possibly imagine. Corrie's sister died in the prison because of the guards.

Years later, after the war had ended and Corrie Ten Boom was free, she returned to Germany to tell people about God's love and forgiveness.

One night after speaking, she was approached by a man. She immediately recognized him. He had been one of the guards at the prison that had mistreated she and her sister so badly. The man walked up to Corrie and introduced himself. He did not recognize her. He explained that he had been a guard and how thankful he was that God had forgiven him. Then he asked Corrie to forgive him. Corrie was fumbling around in her purse to avoid looking him in the eye. All of the pain and suffering he had inflicted on her was coming back to her mind. She knew God wanted her to practice forgiveness, but she didn't think she could. So she asked God for help. The man was holding out his hand, waiting for a handshake. Corrie still didn't feel like she could forgive him and she said a quick prayer to God. "Father, I can't forgive this man without your help, but I can shake his hand." She robotically lifted her hand to meet his, and the moment their hands met, she felt a current, like a jolt of electricity, travel from her shoulders down through

her body until she was covered in a healing, warm feeling, and she was filled with God’s love. She told the man who had sinned against her, “I forgive you brother. With all my heart.”

## FILL IN THE BLANK

“No matter how many times in one day your brother sins against you and says, ‘I’m sorry; I am changing; forgive me,’ you need to \_\_\_\_\_ him each and every time.”

Luke 17:4 TPT

“Do not be \_\_\_\_\_ with each other, but \_\_\_\_\_ each other. If someone does wrong to you, then forgive him. Forgive each other because \_\_\_\_\_ forgave \_\_\_\_\_.”

Colossians 3:13 ICB

“So \_\_\_\_\_ your enemies. Do \_\_\_\_\_ to them, and lend to them without hoping to get anything back. If you do these things, you will have a great reward. You will be \_\_\_\_\_ of the Most High God. Yes, because God is \_\_\_\_\_ even to people who are ungrateful and full of sin.”

Luke 6:35-36 ICB

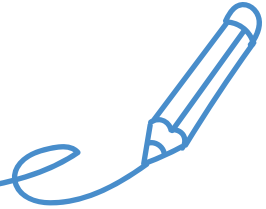


## DISCUSSION QUESTIONS



1. How could Corrie Ten Boom forgive the man who had hurt her so badly?
2. Have you ever forgiven someone and then started feeling angry again? What did you do?

## ACTIVITY



Look at this list of things on the left side of the page and circle things that you do when you are angry.

Draw a line connecting each action you circled on the left to a way for you to let go of your anger on the right.

Hold my breath

Count to ten

Scream at people

Talk to an adult

Run away

Write down what I'm angry about

Punch and kick

Do push ups

Ignore everyone

Ask God for help

Insult whoever made me angry

Take a few deep breaths





## PRAYER

“Father thank you for helping us forgive. Please continue to help us to be guided by your Spirit and not our own anger.”



APPENDIX E

Pg. 38

God wants to help us forgive – all we have to do is ask. Check out Appendix E to write a letter to God about your anger and ask him to help you with forgiveness.

DAY 5

# Starting the Journey of Forgiveness

STORY



**Exercise in Forgiveness - Bitterness is anger and unforgiveness carried for a long time.**

Imagine that every time something bad happens to you, a thorny vine starts growing on your back. Each vine represents something that made you angry - maybe someone hurt your feelings, or life seemed unfair. On each vine's leaves, the painful memory is written.

At first, these vines are small. You could easily cut them away, but instead, you choose to keep them. "I won't forget what they did to me," you tell yourself. Days pass. Then weeks. Then months.

The vines don't stay small. They grow longer and stronger, wrapping around your shoulders. Their thorns dig deeper. New shoots spring from old vines, spreading like a tangled web. Soon, the vines start wrapping around your arms and legs, making it harder to move. Simple things like walking to school or playing with friends become difficult. The vines tangle around your feet, making you stumble. They wrap around your arms, making it hard to hug your family or reach out to others.

What started as anger has grown into something worse - bitterness. These aren't just anger vines anymore. They've become part of you, so much that people start calling you a "bitter person." The thorns hurt, and the vines are heavy. Every time you try to move forward in life, the vines pull

you back. You want to be free, but the vines have grown so thick and strong that you can't remove them alone.

In your heart, you know God doesn't want you to be trapped by these thorny vines. You cry out to Him, "Lord, I don't want to be bitter anymore!"

God points you to the cross where Jesus died. "Bring your burdens to me," He says. "I'll take them from you." At the foot of the cross, you can finally let go. As you give each vine to Jesus, He gently removes it. The thorns that dug so deep begin to lose their grip. The tangled mass of bitterness withers away. One by one, the vines release their hold on your arms and legs.

Free from the weight and pain of those vines, you can stand straight again. You can run and play. You can hug your family tight. You feel lighter, ready to forgive those who hurt you. You understand now - it's better to forgive quickly before any new vines have a chance to take root.

This is God's gift to us: the freedom to forgive as He has forgiven us.

"Come to me, all you who are weary and burdened, and I will give you rest."

Matthew 11:28

## Letting Go of Anger

Take some time to sit and really think about these questions before answering.

- 1 . Do you have any bitterness that you are still holding onto?
- 2 . Do you believe that God wants to take the burden of anger from you?
- 3 . What do you think it means to forgive someone?

## APPENDIX F

Pg. 39

Sometimes, it can be hard for us to let go of our anger because it feels like if we forgive the person who hurt us, they will get away with the bad things that they did. Go to Appendix F to learn about how God tells us He is the one who will deliver justice.





## APPENDIX A

# My Anger Scale: Where Am I At?

There are different levels of anger. For each level below, describe your thoughts, physical reactions, and behaviors.

### Level 1 - Totally Chill

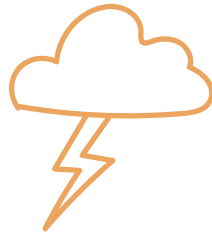
- Physical signs \_\_\_\_\_
- Thoughts \_\_\_\_\_
- Behavior \_\_\_\_\_
- What helps \_\_\_\_\_

### Level 2 - Minor Irritation

- Physical signs \_\_\_\_\_
- Thoughts \_\_\_\_\_
- Behavior \_\_\_\_\_
- What helps \_\_\_\_\_

### Level 3 - Definitely Angry

- Physical signs \_\_\_\_\_
- Thoughts \_\_\_\_\_
- Behavior \_\_\_\_\_
- What helps \_\_\_\_\_



### Level 4 - Losing It

- Physical signs \_\_\_\_\_
- Thoughts \_\_\_\_\_
- Behavior \_\_\_\_\_
- What helps \_\_\_\_\_

### Level 5 - Danger Zone

- Physical signs \_\_\_\_\_
- Thoughts \_\_\_\_\_
- Behavior \_\_\_\_\_
- What helps \_\_\_\_\_

### Personal Reflection

What triggers usually push you from Level 3 to 4?

**Remember:** It's normal to feel angry. What matters is how you handle it.

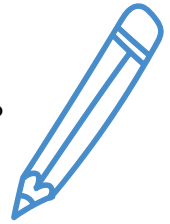
## APPENDIX B

# Learning From Others

Interview three people you respect about a time they had to forgive someone. Try to choose people of different ages and backgrounds.

### Interview Questions

- How did the situation made them feel initially?
- What made forgiveness difficult?
- How did they eventually choose to forgive?
- How did forgiveness (or lack of it) impact their life?
- What advice would they give to others?



### Story 1

Person interviewed \_\_\_\_\_

Relationship to you \_\_\_\_\_

Their story:

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Key takeaway:

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## Story 2

Person interviewed \_\_\_\_\_

Relationship to you \_\_\_\_\_

Their story:

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Key takeaway:

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## Story 3

Person interviewed \_\_\_\_\_

Relationship to you \_\_\_\_\_

Their story:

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Key takeaway:

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## Personal Reflection

Which story resonated with you most? Why?

What common themes did you notice?

How might these stories help you handle future situations?

## APPENDIX C

# Hard to Forgive Issues

Sometimes, it can be really, really hard to forgive someone, especially if they don't deserve to be forgiven. But holding on to our anger and bitterness only hurts us.

### DISCUSSION QUESTIONS

- 1 . Did anyone ever do something to you that seems impossible to forgive?
- 2 . Why is it so hard to forgive that person?
- 3 . What does it feel like to hold onto that anger?
- 4 . If someone did something really bad to your friend a long time ago, and they were angry about it, would you tell them they should hold onto their anger or let it go?

Sometimes even when we try to forgive someone, our anger can come back. This doesn't mean we failed, it just means we need to forgive again. Sometimes it takes a long time before the anger stops coming back.

## When I forgive:

- I am not pretending it never happened, I acknowledge it did.
- I am not saying it doesn't matter, it does. I acknowledge the pain.
- I am not letting them off the hook or getting away with it.
- I am saying "Jesus, I give you \_\_\_\_\_ (this person) and \_\_\_\_\_ (this situation). I will let you be their Judge and determine how to best handle this situation, for them and for me. I know you love them just like you love me. Jesus protect me and take care of me."

Jesus is the perfect judge and He wants "justice" more than you do. He is the only one who can perfectly judge and give out the perfect consequence that has both justice and mercy.



## APPENDIX D

# 5 Fingers of Forgiveness

Trace or draw your hand on this page.



Write one of these 5 steps to forgiveness inside each finger of the drawing.

## 1. Breathe

Take a moment to breathe (7 deep breaths) and calm down.

## 2. Listen

To what the other person has to say, Hopefully they will apologize. If they are not around, take a moment to think about what burdens they carry in their own life that reveal why they might have done what they did.

## 3. Pray

Ask God to help you forgive the person for what they did.

## 4. Let go

Try to let go of your anger and leave it at the foot of the Cross.

## 5. Show Love

Do what you can to show love to the person who made you angry. This does not mean you have to trust them with anything they ask for. But let them know you have decided not to carry the anger toward them as best you can, with God's help!



## APPENDIX F

# Revenge is the Lord's

Read these Bible verses and re-write them in your own words.

“Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, “I will take revenge; I will pay them back,” says the LORD.”

Romans 12:19 NLT

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“Be sure that no one pays back wrong for wrong. But always try to do what is good for each other and for all people.”

1 Thessalonians 5:15 ICB

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## DISCUSSION QUESTION



How hard is it for you to trust that God will make sure justice is done?

# BIBLE VERSE REFERENCE

## **Ephesians 4:21 NIV**

In your anger do not sin: Do not let the sun go down while you are still angry.

## **Proverbs 29:22 ICB**

An angry person causes trouble. A person who gets angry easily sins a lot.

## **Proverbs 29:11 TPT**

You can recognize fools by the way they give full vent to their rage and let their words fly! But the wise bite their tongues and hold back all they could say.

## **Ephesians 4:31-32 TPT**

Lay aside bitter words, temper tantrums, revenge, profanity, and insults. But instead be kind and affectionate toward one another. Has God graciously forgiven you? Then graciously forgive one another in the depths of Christ's love.

## **Proverbs 15:1 ICB**

A gentle answer will calm a person's anger. But an unkind word will cause more anger.

## **Proverbs 19:11 ICB**

A wise person is patient. He will be honored if he ignores a wrong done against him.

## **Mathew 11:28 ICB**

Come to me, all of you who are tired and have heavy loads. I will give you rest.

## **Luke 6:28 ICB**

Ask God to bless those who say bad things to you. Pray for those who are cruel to you.

## **Luke 17:4 TPT**

No matter how many times in one day your brother sins against you and says, 'I'm sorry; I am changing; forgive me,' you need to forgive him each and every time.

### **Colossians 3:13 ICB**

Do not be angry with each other, but forgive each other. If someone does wrong to you, then forgive him. Forgive each other because the Lord forgave you.

### **Luke 6:35 ICB**

So love your enemies. Do good to them and lend to them without hoping to get anything back. If you do these things, you will have a great reward. You will be sons of the Most High God. Yes, because God is kind even to people who are ungrateful and full of sin.

## **Bible Verses on Anger**

### **James 1:19 ICB**

My dear brothers, always be willing to listen and slow to speak. Do not become angry easily.

### **James 1:20 ICB**

Anger will not help you live a good life as God wants.

### **Proverbs 19:11 ICB**

A wise person is patient. He will be honored if he ignores a wrong done against him.

### **Ecclesiastes 7:9 ESV**

Be not quick in your spirit to become angry, for anger lodges in the heart of fools.

### **Proverbs 29:11 ICB**

A foolish person loses his temper. But a wise person controls his anger.

### **Colossians 3:8 ICB**

But now put these things out of your life: anger, bad temper, doing or saying things to hurt others, and using evil words when you talk.

**Psalm 37:8 ICB**

Don't get angry. Don't be upset; it only leads to trouble.

**Ephesians 4:26 NIV**

In your anger do not sin: Do not let the sun go down while you are still angry.

**Proverbs 4:23 NIV**

Above all else, guard your heart, for everything you do flows from it.

**Romans 12:21 NIV**

Do not be overcome by evil, but overcome evil with good.

**Ephesians 4:31-32 NIV**

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ, God forgave you.

**Proverbs 15:1 TPT**

Respond gently when you are confronted and you'll defuse the rage of another. Responding with sharp, cutting words will only make it worse.

# How to Become a Child of God

When Jesus died on the cross, he made a way for you to become a Child of God.

“But to all who did receive him, who believed in his name, he gave the right to become children of God.”

John 1:12

The Bible tells us exactly what you need to do to become a child of God.

“If you declare with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved.”

Romans 10:9

When we believe in Jesus and ask God to forgive us for our sins, we are born again as children of God. This means we have access to our heavenly father anytime we want, and he will always be there to help us.

You can ask God to forgive your sin any way you want, but if you are having trouble thinking of the right words you can pray this prayer:

“Father God, I know that I have sinned. I believe Jesus died and rose again to take away my sins. Please come into my heart and let me be a child of God.”

That’s all it takes! Make sure you tell a Christian Adult that you are a child of God so they can celebrate with you!



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504 N Church St, McKinney, Texas 75069

713-202-3012 • [psalm68five.org](http://psalm68five.org)