WINTER
2021

High School

Bittersweet

Okay so you've forgiven, but how can you tell if it's even working? The hurt, frustration, or confusion is still very real and "they" never actually said sorry. We know when the worst stuff happens to us it can feel sweet to stay bitter. But maybe there's a better answer. In this series we'll learn how when you don't forgive, it hurts you, that everybody needs forgiveness, and how it's okay that healing doesn't always happen overnight.

MEMORY VERSE

"Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others."
Colossians 3:13, NLT

Week One

I Thessalonians 5:15
The more you hold onto a grudge, the more it holds onto you.

Week Two

Romans 5:8, Colossians 3:13
Cancel the debt, not the person.

Week Three

Genesis 45:4–5, Matthew 18:21–22
Healing takes time.

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High School

ENGAGE IN EVERYDAY MOMENTS TOGETHER

Morning Time

Had a rough start to the day—kids on edge, running late, etc.? Or maybe a heated conversation the night before carried over to a new day? It happens. Make some time today for apologies and reconciliation.

Their Time

When your teen wants to talk, be mindful of your facial expression.

Meal Time

At a meal this week, share about a time when someone said or did something to you that was difficult to forgive, and how you handled it.

Bed Time

Pray for your teen (and for you) to heal from past wounds in healthy ways—spiritually, emotionally, mentally.

PARENT CUE

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