

KINGDOM QUEST:

Living the Greatest Adventure



DAY 1

Forgive Like Jesus

Read Ephesians 4:32 NIrV

Forgiveness can feel hard. When someone lies, cheats, or says mean words, your feelings get hurt. You may want to stay mad. You may want them to feel bad too. But God asks us to forgive. Why? Because He forgave us first. Every time we disobey, God could stay angry. Instead, He chooses love. Because of Jesus, our sins are forgiven. When you forgive, you're acting like Jesus. You're choosing kindness instead of payback. You're trusting God to handle what is unfair. Forgiveness doesn't mean what happened was okay. It means you're letting go of the anger and giving the problem to God. That choice helps your heart stay soft.



Activity:

1. On a piece of paper, write down something you need to forgive.
2. Pray and ask God to help you let it go.
3. Crumple it up and throw it in the trash can.

DAY 2

Let It Go

Read Colossians 3:13 NIrV

Everyone makes mistakes. Friends forget promises. A brother or sister teases. Classmates say unkind words. When that happens, it's easy to hold on to anger. But holding on to anger is heavy. It weighs down your heart. God knows that. That's why He tells us to forgive. Forgiveness is a choice. You may still feel upset. But you can decide not to get even. You can decide not to bring it up again. You can pray for the person instead. When you forgive, you make space for peace. You show others what God is like. His kingdom grows in you when you choose mercy instead of revenge.



At-Home Activity:

Think of someone in your family you need to forgive. Pray quietly for them tonight. Ask God to help you show kindness to that person tomorrow.



DAY 3

Drop the Anger

Read Proverbs 20:22 NIrV

Sometimes you may want to get even. If someone pushes you, you may want to push back. If someone embarrasses you, you may want to embarrass them. God says wait. Let Him handle it. He sees everything. He knows what is fair. When you try to pay someone back, the problem usually grows bigger. But when you forgive, the problem can stop with you. That takes courage. It takes trust. Forgiving doesn't mean staying silent about bullying or unsafe behavior. Always tell a trusted adult if someone is hurting you. But inside your heart, you can still choose not to hate. God's kingdom grows when you trust Him to make things right.

Reflection:

Is there someone you want to get even with? Talk to God about it. Ask Him to help you wait and choose forgiveness.

DAY 4

A Clean Heart

Read Psalm 51:10 NIrV

Anger can make your heart feel messy. It can grow into bitterness if you let it stay too long. But God can clean your heart. When you ask Him for help, He gives you the strength to forgive. He can replace anger with peace. He can replace hurt with hope. Forgiveness may not happen all at once. You may need to forgive the same person again tomorrow. That's okay. Each time you choose to forgive, your heart becomes softer. God forgave you completely. Because of that, you can forgive others. And every time you do, you are helping God's kingdom grow right where you are.

Prayer:

"Dear God, You have forgiven me for so much. Please clean my heart when I feel angry. Help me forgive again and again, just like You. Teach me to trust You with what feels unfair. Grow Your peace inside me. In Jesus' name. Amen."

God's kingdom grows
when you forgive.

