

FRIENDZY™

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UNIT SIX >>> FRIENDS FORGIVE

Dear Families,

In March our class will dive into the sixth unit of the Friendzy program that teaches about forgiveness. This unit's title is "**Friends Forgive.**" We will explore how to forgive one another, just like Christ forgives us.

Catchphrase (main point for students to catch on to):
"Friends Forgive"

Key Verse (Biblical anchor points):
"Be kind and compassionate to one another, forgiving each other, just as in Christ, God forgave you." Ephesians 4:32

Goal: To apologize when I hurt others, and to forgive those who hurt me.

Continue the Conversation (discuss the following at home):

1. **Forgive others as God forgave you.** God has forgiven us, and He instructs us to forgive others. When we withhold forgiveness from another person, it makes our own hearts sick. Unforgiveness is like a wound that does not heal.
2. **Learn to say "I'm sorry."** Acknowledging when we have hurt another person, whether on accident or on purpose, helps to repair the friendship that was hurt.
3. **Forgiveness is a process.** There are situations where forgiveness will take more time, hard work, and repetition. We may say that we have forgiven someone and sincerely mean it, but find that memories of the hurt creep up again and again, and with them, renewed hard feelings. It is important to repeatedly work through the same process of forgiveness, asking for God's help, until it is permanently settled in our hearts and minds.
4. **God gives us the power to forgive, even if we never get an apology.** Because God first forgave us, He empowers us to forgive others in even the most difficult situations. Forgiving does not mean that you are saying what happened was right. God helps us forgive by giving us the strength to let go of our hurt feelings.

HOW TO WORK THROUGH CONFLICT

STEPS FOR BIBLICAL CONFLICT

- 1 Face to face (Matthew 18:15)
- 2 One on one (Matthew 18:15)
- 3 Get help (Matthew 18:16-17)

HOW CAN WE RESOLVE CONFLICT?

- 1 Get CALM first
- 2 Ask for HELP
- 3 Find a WIN-WIN solution
- 4 IGNORE what is annoying me
- 5 Put myself in the OTHER person's shoes
- 6 LISTEN to the other person
- 7 APOLOGIZE

WHY SHOULD WE RESOLVE CONFLICT?

- 1 Unresolved conflict gets worse
- 2 Working through conflict makes relationships stronger
- 3 Positive conflict creates closer friendships
- 4 Jesus shows us how to resolve

OUR ACTIONS SPEAK /// As adults, the way we model the act of forgiveness teaches just as much, if not more, than our words. Having decades of experience living on the earth and dealing with relational difficulties is time enough for us to know that forgiveness is not easy. The Biblical instructions on forgiveness are clear, but they are rarely easy to implement. One of the greatest gifts you can offer your child is honesty about the tension we feel in forgiveness. Without the help of the Holy Spirit, it would be short of impossible to muster up the strength to forgive in our own power. When we invite our children into the conversation about what it means to live like Jesus and follow Him, we have a unique opportunity to reveal what it means for God's power to be made perfect in our weakness (2 Corinthians 12:9).

TRY THIS AT HOME /// Your student has been taught an acrostic that will help them with forgiveness. True forgiveness can be difficult, but knowing how to "**FOUR-give**" makes it a little easier.

FEEEL IT
OWN IT
USE IT
RENEW IT
GIVE

F-stands for "Feel It." We have to start by sharing how we feel. "I felt _____ when you _____."

O-stands for "Own It." Instead of apologizing for the feelings we hurt, we have to apologize for the actions we did. "I'm sorry that I _____. Will you forgive me?"

U-stands for "Use It." Instead of rushing through a quick apology, come to _____ understand how to grow from this together. "Now that I know I hurt you, how can we make sure this won't happen again?"

R-stands for "Renew It." Now you have an opportunity to learn and grow from this experience. You've learned something new about one another and can strengthen your friendship in the long run. In friendship, sometimes you have to renew your forgiveness over and over. Forgiveness is a process. It takes time, but it is worth it.

Over the next few weeks, we hope your student will continue to "**FOUR-give**" and this unit's Catchphrase: "**Friends forgive**" This is the main point that we want the students to remember and use over and over.