

Teach These Children

Fivefold enrichment



Forgiven and Healed

Think of your health like an iceberg. The part of your health that is visible; i.e., your weight, appearance and affect make up the small part of the iceberg visible to the sailor. It was only after the Titanic sunk to its demise that it was realized that the part of the iceberg that was underwater was many times more dangerous than what was visible above water. The same holds true of our spiritual health. It is imperative to your child's well-being that you teach them how to address the "unseen" in a healthy manner.

Activity

In our lives, there are sicknesses that are living beneath our surface simply because we are not willing to look. An unforgiving heart is a sick heart. Left unresolved, these feelings breed hurt, resentment and bitterness. All of these are toxic to the mind, body and spiritual well-being of an individual. Today's activity sounds simple. As you close out your night in prayer, confess to the Lord that you want to forgive (name) for (whatever they did). You can acknowledge that it's difficult and ask God to help you walk in peace with your decision. You can do this by telling your child about a time that someone hurt you. Let your child hear you ask the Lord to help you forgive the person. Ask them to do the same for someone who hurt them. No fancy prayers are needed, just a heartfelt request for God to help you move on.

TIPS

Forgiving is a choice and even though we may choose to forgive, we may or may not reconcile with a person who hurt us. It is important to remember that our decision to forgive— even if only in our hearts and prayers, frees us as well as the offender from further being hurt by the situation.



Child's belief about self...

I am grounded

Family supports development of...

Wellness

Focus area:

Social, emotional & spiritual development.

GOAL

Help your child develop overall well-being through the power of forgiveness.

LEVEL

1