



Forgiveness: Games & Interactive Ideas



Game: Get your own back

We did this as a game based on the TV show 'Deal or no deal' called 'Forgive or no forgive' and two of our young people ran it. Alternatively you could do it as game called 'Get your own back'. Some groups would enjoy using their imaginations to think of suggestions for 'getting your own back' for the situations you present them with. This could provide a good basis for discussion if you wanted to use it like this.

How to play: Think of a range of situations where someone has wronged or upset another person. They need to be examples that your group can relate to. Start with smaller things and go on to cover more difficult situations.

Ask the group or the 'contestant' to decide

- Forgive at once
- Forgive eventually
- Don't forgive
- Pay a forfeit

For example

Your brother/sister borrows your favourite outfit/game & ruins it. Do you

- a) Say "That's all right, any time!"
- b) Wait until you've calmed down, then explain through gritted teeth that you would appreciate it if he/she would ask first before borrowing your things and take better care of them.
- c) Explode in anger and go and

Think of some more detailed / amusing ways of getting your own back as options for the answers.

Activity – Make A Coat of Forgiveness - May suit younger groups

Give them an opportunity to think about everything that is involved with forgiveness (feelings, thoughts, actions, etc). Prepare a large paper-coat, or let them draw and cut one out. They can then discuss and write on that coat everything they think is involved with forgiveness (each element of forgiveness will represent a separate part of the coat). They can work in groups and present their coats to each other.

With this activity we can find out how well they understand the concept of forgiveness. It gives them a chance to put together all pieces, and to present their understanding of this important concept.

Activity - IS / IS NOT (See also Leaders' notes)

Ask the group to make 2 lists or posters –

Forgiveness IS and
Forgiveness is NOT

Activity – newspaper or biography

Look at some modern / contemporary situations e.g. Corrie ten Boom, a newspaper report or someone know to the group. A personal story would be brilliant.

Prayer space activity - Forgiveness Quotes collage

Have a selection of quotes on forgiveness (see Leaders' notes) written or printed on coloured papers on the table or floor.

Let them pick the one they like best and/or write one of their own.

Some groups might like to read out their quote and say why they like it.

They could make up a collage from their favourites.

Include space for sorry/forgiveness prayers.

Some of the quotes might inspire a picture.

✚ Which of these quotes on forgiveness do you like best?

✚ What do **you** think forgiveness is?

✚ Draw a picture or write a prayer on forgiveness

Discussion groups - suggestions for questions

- What is the importance of forgiveness?
- What types of things are easy / difficult to forgive?
- Is it easier to forgive someone we love or someone with whom we don't have a meaningful relationship?
- Who is affected the most if we don't forgive?
- How does it feel to be forgiven/hold a grudge?
- Is there anything that helps you when you're struggling to forgive someone?

Reflection/Worship/Prayer time - suggestions

1. Write down any situation where you need to forgive someone. (If you can't think of anything, ask God to remind you or pray for someone you know who is struggling with this.)
2. If there are painful memories, ask God to heal that & to help you to forgive them.
3. Pray for anyone who has hurt you. They struggle with life too. It may have been a misunderstanding.
4. Commit yourself to continue to pray for them. It is much harder to hold a grudge against someone we are praying for.
5. If you still have a problem, repeat steps 2-4 at regular intervals and read more on this.
6. Ask God to show you whether you maybe sometimes hurt other people and how to avoid that.

Pray for anyone in the group who is battling with this problem. Pray for healing for them and blessing on the other person. The ability to go and ask someone for forgiveness is also very important. Everyone expects that someone else will come and say "Please, forgive me", but it's much harder to go and ask someone "Can you please forgive me?" Saying 'sorry' can mean so much to people.

Credits:

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