



WILDERNESS FAITH: JOURNEYING WITH GOD IN THE WORLD

## **Family Sunday School “Life Can Be Hard” Series**

### **Lesson 1 - How to deal with... people hurting you**

**Introduction:** As 2020 has made obvious, sometimes life throws us curveballs. During this series of lessons, families will focus on dealing with difficulties in life (such as people hurting us, unfairness, feeling sorry for others, etc.) and we will be using the some of the Bible stories assigned for our Sunday worship to guide us. You will be able to hear them during the Kitchen Table Gathering (Sundays at 10:30am on our Facebook page, <https://www.facebook.com/elcerves>) and revisit them during the week with your family.

#### **Start the Fun!**

Have your child(ren) compare what it's like doing something seven times versus doing it “seventy times seven” times. First, have them choose an action they think they can do a lot (hop, clap, etc.). Have them warm up by doing it seven times. Now have them calculate how much is seventy times seven, either mentally, on paper or on a calculator. Challenge them to do their same action seventy times seven (or 490) times. When they ask why they are doing this, tell them it will be explained by the Bible story. It's okay if they don't make it--they'll get the idea that seventy times seven is a lot.



## **Read together**

### **The Parable of the Unforgiving Servant** **Matthew 18: 21-35 (New King James Version)**

21 Then Peter came to Jesus and said, “Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?” 22 Jesus said to him, “I do not say to you, up to seven times, but up to seventy times seven.

23 Therefore the kingdom of heaven is like a certain king who wanted to settle accounts with his servants. 24 And when he had begun to settle accounts, one was brought to him who owed him ten thousand talents. 25 But as he was not able to pay, his master commanded that he be sold, with his wife and children and all that he had, and that payment be made. 26 The servant therefore fell down before him, saying, ‘Master, have patience with me, and I will pay you all.’ 27 Then the master of that servant was moved with compassion, released him, and forgave him the debt.

28 “But that servant went out and found one of his fellow servants who owed him a hundred denarii; and he laid hands on him and took him by the throat, saying, ‘Pay me what you owe!’ 29 So his fellow servant fell down at his feet and begged him, saying, ‘Have patience with me, and I will pay you all.’ 30 And he would not, but went and threw him into prison till he should pay the debt. 31 So when his fellow servants saw what had been done, they were very grieved, and came and told their master all that had been done. 32 Then his master, after he had called him, said to him, ‘You wicked servant! I forgave you all that debt because you begged me. 33 Should you not also have had compassion on your fellow servant, just as I had pity on you?’ 34 And his master was angry, and delivered him to the torturers until he should pay all that was due to him.

35 “So My heavenly Father also will do to you if each of you, from his heart, does not forgive his brother his trespasses.”

### **Discuss:**

Ask: In this story, think of Jesus as the king. Think of the servant as yourself. How much did the king forgive compared to the servant? What is this saying about Jesus and his example for us?

*Some talking points for parents:* Jesus instructs us to forgive others over and over again just like he does for us. He clearly teaches his disciples in this story that they are to forgive “seventy times seven” times or over and over again. Just like his forgiveness doesn’t run out, neither should our own.

Use this story to share with your child that we are called to forgive others just as God forgives us. Jesus provided the way and the model for humility and forgiveness. His example is one we can follow daily because parents, siblings, teachers, friends and loved ones will make mistakes that affect us.

Spend time helping your child also understand that when they make mistakes that affect others, it is important to humbly ask for forgiveness. We are not responsible for someone else's willingness or ability to forgive but we can be at peace knowing we recognized our mistake and asked their forgiveness.

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*Related verse:*

*"Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you." Ephesians 4:32*

### **Pray**

Name a way that someone has hurt you and that you are still holding on to, that you haven't forgiven them for yet.

Ask God to help you forgive that person. Ask God to forgive you for anything you may have done to hurt others in the past. Ask God to help you go humbly ask forgiveness of anyone you have wronged.

### **Participate**

**For pre-schoolers:**

The Angry Bee story <https://www.youtube.com/watch?v=-aEUjlxOK-Y>

Ask: Why was the red bee mad? Why did he go off by himself? How did that make him feel? (Holding on to anger makes you sad and keeps you from having fun.) If someone accidentally bumps into you while you're playing, what can you do that might make you feel better? (Let them know they hurt you; forgive them and keep on playing)



Forgiving others makes you "free as a bee."

Song: <https://www.youtube.com/watch?v=QUdoCCxMgw>

## **For students:**

*Janie's Seventy Times Seven*, a play (see separate attachment)

There are three roles in the play included at the end of these lessons. Have three family members read it for the others.



### Discussion questions for after the performance:

Janie doesn't just say "I forgive you" to her brother when he makes a mistake. What else does she do? (*She does something nice for him.*)

Why do you think she doesn't feel as annoyed with her brother at the end of the story? (*She had a better relationship with him; he was learning how to be kind from her*)

## **Wrap Up**

God loves us. When God teaches us how to treat others, it usually ends up working in our favor too. How does forgiving others help you?

## **Take a Moment to Breathe**

Each week, we will offer a different Breathing Exercise/Meditation to try when you feel stressed or upset, or are just having a hard time. Most of them can be done from your desk!

### **Finger Tip Meditation**

Start with one or both of your palms open. As you inhale, touch your thumb to your pointer-finger, then your middle-finger, your ring-finger, and then your pinky. Pause at the top of your inhale. As you exhale, touch your thumb to your pinky, then our ring-finger, middle-finger, and then pointer-finger (the reverse order of your inhale). Pause at the bottom of your exhale.

As you inhale and exhale, you can choose a mantra to say to yourself. Choose one that is four syllables so that you say one syllable for each finger. Repeat this 4-5 times, listening to each word of your phrase and feeling each touch of your finger.

Here are some sample phrases that you can try!

I can do this.

I am O-K

I am en-ough

I am help-ful

I am be-loved