PRAYER ACTIVITY

The Beatitudes: Forgiveness

- ## Equipment
  Invisible ink pens – hemline wipe off marker, bowl of water, paper.

- ## Set up
  Set up the pens, paper, markers and bowl of water on a table or flat surface. Encourage the pupils to think about a time when someone has hurt them. Be aware that this could cause students to feel distressed.

  The great thing about invisible ink is that it disappears, making this activity more impactful. As pupils dip their paper into the water the ink will disappear representing the hurt of someone else being forgiven. Before they move on, ask pupils to consider whether they can forgive people on a more regular basis, and whether this made them feel better about the situation.

- ## Instructions
  'I wish I hadn't ...' 'I'm sorry I ...' 'I didn't mean to ...' Sometimes other people say and do things that hurt us. Has anyone hurt you? Are you feeling hurt?

  We have a choice to forgive others. Christians believe they can ask God to help them forgive others. If you'd like to, you can think of something you'd like to say sorry for or forgive someone else for, then use a pen to write the word 'sorry' on a piece of paper.

  As you dip this into the water and watch it disappear, think about how it feels to forgive.