



## Moving On / Week 2

---

### BEFORE GROUP

#### BOTTOM LINE

Everybody needs forgiveness.

#### SCRIPTURE

Romans 5:8 NIV, Colossians 3:13 NLT

#### GOAL OF SMALL GROUP

To help students take a step toward forgiving themselves by recognizing the forgiveness they've received from God.

#### THINK ABOUT THIS

Some of the things your students may be dealing with or needing to forgive themselves for could seem small to you. If that's the case, remember that these things are still huge to your few. Be sure not to downplay or make them feel like

it isn't a big deal because to them, it really, really is! You're introducing the idea of self-forgiveness to them, and while they may need to exercise it only for small things now, eventually they'll need this tool for bigger mistakes and missteps. Learning to forgive and be kind to themselves today will help them as they get older and the stakes get higher. Remember that learning to ask for forgiveness can be scary. It's a huge step even for an adult to take! Your middle schoolers may not be there yet, but encourage them toward it. Think about a time in your own life that you needed to apologize and share that with them. Doing so sets an example and helps make it a safe space for them to share, too!

*This guide is a suggestion, not a formula. Adjust the questions and activities as needed, and don't feel like you need to do, or ask, everything you see here.*

---

### DURING GROUP

#### DISCUSS THIS

1. Did anything you heard today change the way you think about forgiveness?

#### DO THIS (EXPERIENCE) 1

Have your students line up in your space. Say this: "Take a step forward..."

- If you've ever messed up or made a mistake.
- If you've ever had to ask for forgiveness.
- If you've ever struggled to ask for forgiveness.
- If you've beaten yourself up about something you did, said, or thought.
- If there's someone you need to ask for forgiveness.
- If you find it hard to believe that God has forgiven you.
- If there's ever been a time that someone was upset with you, but it didn't seem like a big deal to you.
- If there's something you still need to forgive yourself for in order to forgive someone else."

#### DISCUSS THIS

2. On a scale of 1 to 10, how hard is it for you to forgive yourself when you mess up?
3. What's one reason someone might think they don't deserve forgiveness?
4. Why might asking someone else for forgiveness be difficult to do?
5. Does knowing that God has already forgiven you change anything for you?

#### DO THIS (EXPERIENCE) 2

Divide a poster board into two columns. In the left column, brainstorm as a group phrases that middle schoolers might falsely believe about themselves, especially when it comes to forgiveness. In the right column, come up with phrases your few can use to replace the lies they listed on the left.