

With My Family

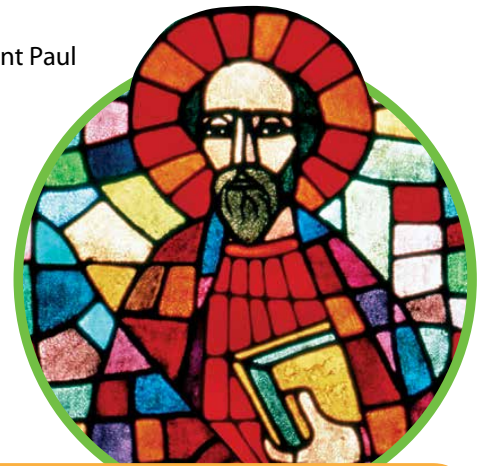
📖 Scripture Together

Forgiveness can be hard. Paul's letter can help us forgive by teaching us how to treat someone who has caused harm.

As a family, read **Colossians 3:12–13**. When you have finished, discuss the Scripture. Use the questions below to guide you:

- What qualities can help people get along peacefully with others?
- Which of those qualities do you often show?
- How can you overcome anger to forgive a friend or family member?

Saint Paul



Family Prayer

Pray together:

Dear Lord, help us keep our loving hearts ready to forgive others and to ask for their forgiveness and yours. Amen.

Faith on the Go

Think back to a time when you might not have been forgiving. Ask one another: *What happened? What would you do differently now?*

ACTIVITY: Run for Forgiveness

Have a family "Run for Forgiveness." Run together for a specified distance. Agree that any complaints among family members will be forgiven by the end of the run. Then hug and give high fives.

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