

# FORGIVENESS SUNDAY



**Prayer Before Holy Scripture:** “O Lord my God, enlighten my mind with the light of understanding Thy holy Scriptures, and teach me to do Thy will.”

**Parent Explains:** This Sunday is called Forgiveness Sunday. At the Forgiveness Sunday Vespers we ask each other for forgiveness as we begin Great Lent. Jesus talks about forgiveness in the Prayer that He taught us called “The Lord’s Prayer”. Let’s pray it together.

**If your child knows the prayer say it together, if not have your child repeat each line after you.**

Our Father, who art in heaven,  
hallowed be thy Name.  
Thy kingdom come.  
Thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread;  
and forgive us our debts  
as we forgive our debtors.  
And lead us not into temptation,  
but deliver us from the evil one.

Jesus teaches us more about forgiving in this Sunday’s Gospel.

**Parent or older child may read aloud Matthew 6:14-15.**

“For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.”

**Discussion: Allow children to give their responses after each question.**

What are Trespasses?

Trespass is another word for sin or making a wrong choices that makes people feel hurt or sad or upset.

What is forgiveness?

Forgiveness is choosing to stop feeling angry or upset with someone and choosing to be kind and merciful instead.

Have you ever done something that you knew was wrong? Maybe you didn't share with a friend, or you called your brother or sister a name, or disobeyed your parents. Sometimes it is hard to admit when you do something wrong, but Jesus tells us that it is important to say sorry and ask for forgiveness.

Sometimes a friend does something that we don't like and it hurts our feelings or makes us mad. Jesus tells us that we can forgive them. Choosing not to forgive acts like a big weight. It is a burden you put on others and a burden you choose to carry around yourself.

Jesus loves us so much. He knows that we have made mistakes and will make mistakes again, but He will always forgive us when we are sorry that we did something wrong. And He wants us to be like Him and forgive others when they do something wrong.

**Activity:** Coloring Activity Pages



Forgiving  
makes us  
happy





Forgiveness Coloring Page

Jesus  
teaches  
me to  
forgive.

Be kind,  
and forgive one  
another.