



Harder than a rock – that's how forgiveness seems sometimes. But the Bible teaches us that forgiving others is important. In fact, Ephesians 4:26 tells us, "don't go to bed angry." God wants us to ask for forgiveness from any person we've hurt. He also wants us to forgive anyone who's made us mad. This week design your own "Forgiveness rock". Paint it, stencil it, stamp it, write your favorite verse about forgiveness on it. When you're finished, put the rock next to your bed to remind you each night before you go to sleep to ask God to forgive you and to help you forgive others.