

# Explore It FOR ME

NOVEMBER  
—  
SESSION 03

## THE POWER OF FORGIVENESS

 **Genesis 45:1-28 Joseph reveals who he is**

Here are some ideas and activities you could do on your own



### Draw

Divide a piece of paper into two and write 'Forgiveness' at the top of one column and 'Unforgiveness' at the top of the other. Fill each side with colours and words that show what it feels like when we are carrying all the anger and bitterness in our hearts (Unforgiveness) and what it's like when we've forgiven the person and handed it all to God (Forgiveness).



### Solve

Have a go at this wordsearch all about Joseph and his family. Remember to ask an adult before you print!

Joseph and his family word search

<https://sundayschoolzone.com/activity/joseph-and-his-family-word-search/view>



### Dance

In today's session we heard about Pharaoh's dream. Have a dance around to the 'Song of the King' from *Joseph and the Amazing Technicolor Dreamcoat*.

<https://www.youtube.com/watch?v=tygiTkTuiEE>

(Pharaoh starts his song about two minutes in)



### Pray

Have another look at the prayer that we used at the end of the session. Use it in your prayer time to help you forgive those who have hurt you.

Dear God,

I forgive \_\_\_\_\_ who hurt me when

they \_\_\_\_\_. When that happened, I felt

\_\_\_\_\_. I know that your son Jesus was

hurt by people around him and yet he chose

to forgive them. Help me to follow his example

and forgive others. I trust you to deal with the

situation and to help me feel better about

it. Thank you for forgiving me when I make

mistakes and help me to forgive others when

they do the same.

AMEN.

### KIDS ALIVE! ONLINE

<https://www.salvationarmy.org.uk/kidsalive>

*Kids Alive!* The UK's only weekly Christian comic – is filled with jokes, competitions, Bible-based cartoons and much more... and is now available to read online!

