

God Is In Our Hearts: A Lesson on Forgiveness and God's Love

GRADES PK-K - Lesson I (Year III, Day 5)

Goal: To introduce children to the concept of forgiveness and how much God loves them.

Materials:

red construction paper
paper fasteners
stickers
glitter
glue sticks
crayons/markers

Lesson:

Have the children gather in a circle on the floor → play and sing the song: [Jesus Loves Me](#)

God loves each one of us because we are special to him. Tell the children that when we love someone, we feel it in our hearts and it is a joyful feeling. Let the children know that God is in the hearts of every person. (Use examples such as Mom, Dad, siblings, aunts/uncles, friends, people in other countries, people who don't have friends or who are homeless.)

Go around the circle naming each child, and tell him/her that God is in his/her heart.

Discuss that when we do nice things for another, that makes God happy and it makes us happy, too.

Discuss when we hurt someone by not being nice that makes God sad.

Discuss how the children might feel when someone takes a toy or candy away from them.

Activity: Healing Broken Hearts

Make a heart out of red construction paper. Cut the heart in half and fasten at the bottom with a paper fastener, so that the heart can be moved apart and put back together again. Put the child's name/teacher's name on the one half and GOD on the other half of the heart.

Show the children the heart fastened at the bottom with God and the teacher's name written on it. Explain how the heart is hurt/broken (apart) when God is sad. Forgiveness puts our hearts back together and makes us happy. Give examples.

Give each child a heart, fastened at the bottom with his/her name and GOD written on it.

Have the children each decorate their hearts with stickers, glue, etc. After the children finish decorating their hearts, ask them to name things that might displease God (saying mean things, taking what isn't theirs, not sharing. With each example, move the pieces of the heart apart.)

Next ask them what might make God happy (sharing, playing with someone who doesn't have anyone to play with, helping Mom or Dad. With each example, move the pieces of the heart together.)

Pray the prayer below with the children to thank God for loving us and being in our hearts.

Prayer:

We thank you, God, for all of the wonderful things you have made for us—the trees, the grass, and the flowers; the sky, the birds, and all of the animals. We thank you, God, for giving us people to love us— moms and dads, brothers and sisters; for grandmas and grandpas, aunts and uncles, cousins and friends. We thank you, God, for loving us and for being in our hearts so we can love others too. Amen.

Lesson adapted from the plans on the Archdiocese of Los Angeles Office of Life, Justice and Peace website