Teachers Dig In

Dig In to the Bible
- **Read**: Matthew 6:12-13; Psalm 51
- **In This Passage**: Jesus sets the example of asking for forgiveness and for help resisting temptation. In Psalm 51, David confesses his greatest sins and asks God to give him a clean heart.
- **Bible Point**: Saying “sorry” is part of prayer.
- **Summary Verse**: “Our Father in heaven, may your name be kept holy. May your Kingdom come soon. May your will be done on earth, as it is in heaven. Give us today the food we need, and forgive us our sins, as we have forgiven those who sin against us. And don’t let us yield to temptation, but rescue us from the evil one” (Matthew 6:9-13).

Dig Deeper
- **You’ll Be Teaching**: Saying “sorry” is part of prayer. Kids are definitely familiar with saying they’re sorry to their friends and siblings. They’ve probably been commanded to say they’re sorry often! But there’s a difference between saying “I’m sorry” and having a truly sorry heart. Help kids see that we can come before God with our sincere apologies for our sin, and he will always forgive us.
- **Think About**: What do you need to ask forgiveness for? Tell God right now, and ask him to help you resist the temptation to keep doing that action.

Dig In to Prayer
- **Ask God to help your kids see the gravity of their sin but also the immense grace and forgiveness God offers.**

Quick Tip
- **How you handle your own mistakes can set a great example for kids. None of us are perfect teachers. There will be times you speak a harsh word out of anger to an uncooperative child or you embarrass a child by calling him out in front of the whole class. When you do something you regret as a Sunday school teacher, apologize! Show kids that you, too, can admit when you’ve messed up and seek their forgiveness. Plus, you’ll give a model of how to apologize sincerely.**
This Lesson at a Glance

**OPENING**
Kids share about a topic related to the lesson.

**Supplies**
- Bible
- human shape and giant speech bubble from last week
- sticky notes (1 per child)
- crayons

**Easy Prep**
- The human shape and speech bubble made from bulletin board paper from the last 3 weeks have covered the Lord's Prayer, and each child has added something to the speech bubble every week. This week kids will add sad faces on sticky notes.

**CORE BIBLE DISCOVERY**
Kids draw and wipe away pictures, carry a burden, and sing.

**Supplies**
- Bible
- whiteboard
- dry-erase markers (1 per child)
- fist-size rocks (1 per child)
- tissue (1 per child)
- joyful music
- music player

**LIFE APPLICATION WRAP-UP**
Kids hold rocks and say they're sorry to God, then let go of the rocks and thank God for forgiveness.

**Supplies**
- fist-size rocks (1 per child)*

**TALK-ABOUT VIDEO**
Kids watch a video and discuss the Bible Point.

**Supplies**
- “Party Pooper” teaching video (watch or download here)

**OBJECT LESSON**
Kids paint on different surfaces.

**Supplies**
- paper hearts (1 per child)
- wax paper hearts (1 per child)
- cotton swabs (1 per child)
- 3-ounce disposable cups of water (1 for every 4 kids)
- watercolor paints (1 palette for every 4 people)
- tissues

**DEEPER BIBLE**
<table>
<thead>
<tr>
<th>Kids make and remake hearts out of modeling dough.</th>
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</thead>
<tbody>
<tr>
<td><strong>Supplies</strong></td>
</tr>
<tr>
<td>• Bible</td>
</tr>
<tr>
<td>• modeling dough (small handful per child and adult or teen leader)</td>
</tr>
<tr>
<td>• small heart-shaped cookie cutters (1 for every 5 or 6 kids)</td>
</tr>
<tr>
<td>• paper towels (1 per child)</td>
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<tr>
<td>• sandwich-size resealable plastic bags (1 per child)</td>
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<td><strong>Easy Prep</strong></td>
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<tr>
<td>• Make 1 heart out of modeling dough as an example.</td>
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<tr>
<th>HIGH-ENERGY GAME</th>
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<tbody>
<tr>
<td>Kids play Four Corners to celebrate being forgiven.</td>
</tr>
<tr>
<td><strong>Supplies</strong></td>
</tr>
<tr>
<td>• 4 different colored pieces of paper</td>
</tr>
<tr>
<td>• tape</td>
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<tr>
<td>• upbeat music</td>
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<tr>
<td>• music player</td>
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<td><strong>Easy Prep</strong></td>
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<tr>
<td>• Hang a different color of paper in each corner of the room.</td>
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<th>LOW-ENERGY GAME</th>
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<tr>
<td>Kids clean shaving cream off tables.</td>
</tr>
<tr>
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</tr>
<tr>
<td>• shaving cream</td>
</tr>
<tr>
<td>• red construction paper (1 sheet for every 5 or 6 kids)</td>
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<td>• plastic cups (1 per child)</td>
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<tr>
<td>• paper towels</td>
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<td><strong>Easy Prep</strong></td>
</tr>
<tr>
<td>• Cut each sheet of construction paper into a heart.</td>
</tr>
<tr>
<td>• Prepare a table for every 5 or 6 kids by placing a tablecloth under the table to keep the floor clean. Tape a heart in the center of each table, making sure you cover the heart completely with tape.</td>
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<th>CRAFT</th>
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<td>Kids make bubble wands.</td>
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<tr>
<td>• chenille wires (2 per child)</td>
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*Marked supplies can be reused from Core Bible Discovery
Let’s keep kids safe! You can help by using supplies as instructed for only ages 3+, purchasing child-safe items, and being aware of allergy concerns.*
Supplies
- Bible
- human shape and giant speech bubble from last week
- sticky notes (1 per child)
- crayons

Easy Prep
- The human shape and speech bubble made from bulletin board paper from the last 3 weeks have covered the Lord’s Prayer, and each child has added something to the speech bubble every week. This week kids will add sad faces on sticky notes.

Welcome
- Thank kids for coming.
- Make announcements.
- Introduce new kids.
- Collect the offering.

Introduce the Lesson
- Say: Today we’ll learn that saying “sorry” is part of prayer. When we do something wrong, we tell God we’re sorry and he forgives us.
- Point to the speech bubble. This is called a speech bubble or talking bubble. Since we’ll be learning about saying we’re sorry to God, we’ll fill this talking bubble with sad faces.
- Give each child a sticky note and crayons. Say: Saying “sorry” is part of prayer. Draw a sad face to show that sin makes us sad. Lead kids to stick their sad faces inside the speech bubble.
- This is the last week you’ll be using the speech bubble, so you can take it down after class.

Share
- Say: As we learn that saying “sorry” is part of prayer, we’ll find out about a prayer a man named David said when he’d done something wrong. He’d made a big mess because of his sin. Since sin messes up things in our lives, let’s begin with stories about messes we’ve made.
- Share about a time you made a big mess. It doesn’t have to be tied to sin. It could be an example of when you knocked over a paint can or dropped a plate on the floor.
- In small groups, have kids share about big messes they’ve made.
- After small groups have discussed, have a few kids share with the whole group what they talked about in their small groups.

Summarize
Open a Bible, and say: Those are some big messes. Messes can be really hard to clean up. Like messes, sin is hard to clean up. Thankfully, God forgives us when we say we’re sorry for wrong things we do. Saying “sorry” is part of prayer, and we can talk to God anytime, anywhere.

Pray, thanking God that saying “sorry” is part of prayer and he forgives us when we do.
Supplies
- Bible
- whiteboard
- dry-erase markers (1 per child)
- fist-size rocks (1 per child)
- tissue (1 per child)
- joyful music
- music player

**Tip**
- If you used the Music Video block, consider repeating the songs from today’s lesson during the activity. You can find the downloadable album here.

**Talk About It**

Say: Today we’ll find out saying “sorry” is part of prayer. We can tell God we’re sorry anytime. One time Jesus was teaching a group of people how he prays. Listen to this. Read Matthew 6:9-13. Invite kids to share whether they’ve heard this prayer, where they heard it, and who was saying it.

Say: If you’ve been coming to church lately, you’ve heard this prayer in our class! We’ve been learning about the different parts of this prayer, and this week we’re learning that saying “sorry” is part of prayer. We all have to say we’re sorry sometimes, like when we hurt someone or disobey.

Share about a time you said you were sorry to someone. You might share an example of a time you hurt someone’s feelings, broke something, or even did something by accident.

Ask: • Tell about a time you said you were sorry to someone. Kids might share about saying “I’m sorry” for not sharing, for grabbing something, or for saying something unkind. If kids want to share about a time they said they were sorry to God, welcome those answers as well.

**Draw Pictures**

Say: God doesn’t want us to do wrong things, but sometimes we do. All of us do wrong things. But when we say we’re sorry to God, he forgives us. Wrong things hurt us and others. Because God loves each one of us, he doesn’t want anyone to be hurt. That’s why we say “sorry” to God when we pray.

On the whiteboard, draw a picture of something you did as a child that was wrong, and then invite kids to use the dry-erase markers to draw pictures of things kids do that are wrong. Help kids with ideas as they draw. Ask kids to tell you about their pictures. They might draw a picture of a child taking a cookie after Mom said “no,” a picture of someone pushing or hitting someone else, or a picture of someone saying something mean to someone else.

After kids have finished, have them sit where they can still see the whiteboard.

Say: Look at all these wrong things, or sins, that people do. All of us sin and do wrong things. All people do. But God forgives us. That’s why we say “sorry” when we pray. Point to your picture. When we [name the sin you drew], we say we’re sorry to God and he forgives us. Erase your picture and replace it with a heart. God forgives us because he loves us.

In small groups, have adult or teen leaders guide each child to say, “When we [name the sin they drew], we say we’re sorry to God and he forgives us,” and then wipe away the pictures they drew and replace them with hearts.

Say: Saying “sorry” is part of prayer, and God forgives us. Let’s talk to him right now about wrong things we do. Lead kids in a brief prayer, thanking God that he forgives when we say we’re sorry and being specific about some of the things kids can say they’re sorry to God about.
Say: Sin can make us feel weighted down. What I mean is, when we do something wrong, it can make us feel sad or down. Usually we feel bad inside when we do something wrong, even if we don’t want to tell anyone.

Give each child a rock. In leader-led groups, have kids walk in a circle, each holding the rock in the outside hand with arm stretched out. Say: At first we might think the wrong thing wasn’t a big deal, but the longer we carry it around—the longer we don’t say we’re sorry to God or to the people we hurt—the heavier it is. Let’s see how long we can hold these rocks that remind us of sin. Lead kids in continuing to walk in the same way, each holding a rock stretched out from his or her body. Turn on a joyful song as kids do this. After about 20 seconds, say: This is a great song, but I’m distracted by holding this rock. I feel like I can’t celebrate and really enjoy the song while I’m carrying this “sin” around. Continue until kids are asking to put their arms down. Have kids stop where they are, but encourage them to keep their rocks up.

Say: There was a man in the Bible who talked about this. His name was David, and he’d done something he knew was wrong. Read Psalm 51:1-3. David was saying he was sorry to God and asking for forgiveness from God. We can talk to God like that, too.

Let’s talk with God now. Think of something you did that you knew was wrong. Say you’re sorry to God because you know he loves you and because when God forgives you, he helps you let go of that weight. Demonstrate an example by saying you’re sorry to God and then putting your rock on the ground. In leader-led groups, have adult or teen leaders lead kids to say they’re sorry to God for something wrong they did and put their rocks on the ground.

Ask: • How do you feel now that you don’t have to hold that rock anymore?

Say: When we say we’re sorry to God, he frees us from carrying around the heavy weight of sin, kind of like how we put down our rocks. And now we can celebrate without carrying around anything heavy.

Turn on a joyful song, and encourage children to sing and dance to celebrate that God frees them from sin when they say they’re sorry to God. Collect the rocks for use in the Life Application Wrap-Up.

Say: We can talk to God anytime and tell him we’re sorry because saying “sorry” is part of prayer. God loves when we talk to him about anything, and when we do say we’re sorry to God, he forgives us. That’s something to celebrate!
Supplies
- fist-size rocks (1 per child)*

Say Sorry
Have kids sit in a circle. Say: Today we learned that saying “sorry” is part of prayer. Give each child a rock. Say: Sin can feel like a weight or like a heavy rock that we have to keep carrying around. Let's talk to God about sins that weigh us down and say we're sorry to him.
Pray: God, sometimes we don't share. We're sorry. Sometimes we aren't kind. We're sorry. Sometimes we tell a lie. We're sorry. Sometimes we don't obey Mom or Dad. We're sorry. Invite kids to say they're sorry to God themselves.

Give Sins to God
Say: When we say we're sorry to God, he forgives us. Jesus died to take all our sins away. When God forgives us, he takes away the weight of sin, and then we're completely clean. Invite each child to take a turn placing a rock in the center of the circle and saying, “Thank you, God, for forgiving me.”
After all kids have let go of their rocks, close the prayer.
Say: Saying “sorry” is part of prayer, and God forgives us when we do. This week, any time you do something wrong, you can tell God you're sorry. I hope you'll come back next week to learn more about our forgiving God!
Supplies

- “Party Pooper” teaching video (watch or download here)

Tip

- Don’t have internet in your classroom? That’s okay! You can download the videos before class using the “download” button at the link provided, or just purchase this quarter’s DVD here.

Discuss and Watch “Party Pooper”

Say: We’re learning that saying “sorry” is part of prayer.
Ask: • Tell about a time you had to say you were sorry. Share your own example first.
Say: Let’s watch our friends Peanut and Biscuit when Biscuit has to say “sorry.”
Watch “Party Pooper.”
Ask: • What do you think is the worst thing Biscuit did to Peanut?
   • Rowley said, “God says we can ask for forgiveness and make things right.” How does it feel to know you can always get God’s forgiveness?
   • If you were Peanut, would you have forgiven Biscuit? Why or why not?
Say: Biscuit ruined Peanut’s birthday party. But he was sorry, and he apologized to Peanut. Peanut forgave him right away! You know, God will always forgive us, too. It doesn’t matter what we’ve done, God is always ready to forgive us. Saying “sorry” is part of prayer so that we can make things right with God.
Supplies
- paper hearts (1 per child)
- wax paper hearts (1 per child)
- cotton swabs (1 per child)
- 3-ounce disposable cups of water (1 for every 4 kids)
- watercolor paints (1 palette for every 4 people)
- tissues

Paint on Paper Hearts
Say: Today we’re learning that Jesus showed us saying “sorry” is part of prayer. We say we’re sorry for our sins—the wrong things we all say and do. Sin can make our hearts feel sad and messy, and God helps us clean the mess of sin. Let’s see what that’s like.
- Give each child a paper heart, a cotton swab, and a tissue.
- Form groups of four, and give each group a cup of water and a watercolor paint palette.
- Everyone can dip an end of a cotton swab in the water and mix the water into a color on the palette. Then kids can paint with the goal of making a fun mess on their hearts.
- After kids have made a painted mess on their hearts, have everyone try to get the heart completely clean again using a tissue.

Say: This is kind of like our hearts when we sin. Sin can make a mess of our hearts, and we can’t get them clean again—but God can. Let’s see what that’s like.

Paint on Wax Hearts
- Give everyone a wax paper heart, and allow time to repeat the activity.
- Allow kids to wipe paint away from their wax paper hearts a few times so the difference between the two hearts is very clear.

Talk About It
Say: The wax paper heart could always be wiped clean. That’s like our hearts when we tell God we’re sorry when we do wrong. God forgives us and wipes away messy sin. Saying we’re sorry helps us get along with our families, helps our friendships with others, and helps our friendship with God. That’s why saying “sorry” is part of prayer.
Supplies
- Bible
- modeling dough (small handful per child and adult or teen leader)
- small heart-shaped cookie cutters (1 for every 5 or 6 kids)
- paper towels (1 per child)
- sandwich-size resealable plastic bags (1 per child)

Easy Prep
- Make 1 heart out of modeling dough as an example.

Make Hearts
- Say: Today we’re learning that saying “sorry” is part of prayer. Let’s do something to help us think about that.
  - Tap your chest over your heart. Say: When we think about our hearts, we think about how we feel happy or sad. Invite kids to share how they feel today.
  - Show the heart you made ahead of time. Say: Make your own heart now. Give each child a handful of modeling dough. Encourage kids to flatten the dough with their hands. Help them use cookie cutters to cut out heart shapes from the dough.
  - Say: God made perfect hearts inside of us. But sometimes people do things that hurt our hearts. Have kids break apart their hearts a little.
  - Say: Sometimes we make wrong choices that hurt other people's hearts. That makes us sad and hurts our own hearts, too. Encourage kids to break or smash their hearts a little bit more.
  - Say: We might say something mean. That sin hurts our hearts. Lead kids to break or smash their hearts more. Or we might take something that's not ours. That sin hurts our hearts. Lead kids to break or smash their hearts more. Or we might kick or push. Those sins hurt our hearts. Lead kids to break or smash their hearts more.

Make New Hearts
- Hold up a broken heart and say: Look at how hurt your heart is! When we sin and make a wrong choice, it hurts God’s heart and it hurts our friendship with him. That hurts our hearts, too. We could cover up the broken parts so nobody can see them. Let’s try that with a paper towel. Give kids each a paper towel, and encourage them to cover up their hearts.
  - Say: Now other people can’t see the broken hearts, but the Bible reminds us that God can always see our hearts. Read aloud Psalm 139:1-3.
  - Say: Is your heart different now that it’s under the paper towel? Give kids a chance to respond.
  - Say: Even when we try to hide our sin, it doesn’t make our hearts better. They’re still broken. We can try to fix our own hearts. Let’s try to fix these hearts by ourselves. Encourage kids to try to make new hearts from the dough without using the cookie cutters.
  - Say: We can’t fix our hearts and make them perfect again. But any time we make a wrong choice, we can tell God we’re sorry. Saying “sorry” is part of prayer. God will always forgive us. And when God forgives us, he doesn’t just cover up wrong choices we’ve made; he takes them away and heals our hearts. Encourage kids to flatten the dough again. Help them remake their hearts using cookie cutters. After they’ve finished, put kids’ creations in resealable plastic bags to take home.
  - Lead kids to pray, thanking God for forgiving them.
HIGH-ENERGY GAME
Jump for Jesus

Supplies
- 4 different colored pieces of paper
- tape
- upbeat music
- music player

Easy Prep
- Hang a different color of paper in each corner of the room.

Tip
- If you used the Music Video block, consider repeating the songs from today’s lesson during the game. You can find the downloadable album [here](#).

Talk About Celebrating
Say: When we make wrong choices, it makes our hearts feel sad. But we can tell God we’re sorry because saying “sorry” is part of prayer. When we tell God we’re sorry, he always forgives us. Then we don’t have to feel sad about what we did anymore. That’s something to celebrate.

Share a way you like to celebrate. Maybe you like to go out for a special meal or get together with friends.

Ask • What's your favorite way to celebrate? Kids may say have a party, eat a special treat, or go to a special place.

Celebrate Being Forgiven
Say: Let’s celebrate being forgiven right now with a special game.
- Show kids the colored papers hanging up in the room.
- Play upbeat music, and encourage kids to dance around.
- When you stop the music, direct kids to choose a color and stand by that paper.
- Pick a color, and lead the kids standing by that color to jump up and down and yell “Thank you, God! I’m forgiven!”
- Start the music again, and continue calling colors as time allows.
- On the final round, call out all the colors and encourage all kids to cheer.

Say: God loves us so much. He’s always ready to forgive us when we tell him we’re sorry. That’s why saying “sorry” is part of prayer. Then we can thank God and celebrate being forgiven.
Supplies
- shaving cream
- red construction paper (1 sheet for every 5 or 6 kids)
- clear packing tape
- plastic tablecloths (1 for every 5 or 6 kids)
- plastic cups (1 per child)
- dish tubs filled with warm water (1 for every 5 or 6 kids)
- paper towels

Easy Prep
- Cut each sheet of construction paper into a heart.
- Prepare a table for every 5 or 6 kids by placing a tablecloth under the table to keep the floor clean. Tape a heart in the center of each table, making sure you cover the heart completely with tape.

Tip
- If you don’t have tables in your room, place a tablecloth on the floor for each group. Tape the heart in the center of the tablecloth, or just draw a heart with a permanent marker.

Talk About Clean Hearts
Say: Sometimes things around us get messy and we need to get them cleaned up.
Share something you need to clean in your house, like the kitchen sink, the bathtub, or the living room floor.
Ask: • What’s a way you help get your house clean? Kids may say they clean their room, wipe the table, or sweep the floor.
Say: When we make wrong choices like David did, our hearts need to be made clean, too. David asked God to make his heart clean. When we tell God we’re sorry, he forgives us for our wrong choices and makes our hearts clean again. That’s why saying “sorry” is part of prayer.

Clean Messy Hearts
Say: Let’s make a mess of the hearts on our tables and then make them clean again. Just for fun, let’s see how fast we can do it.
- Form groups of five or six.
- Spray a liberal amount of shaving cream onto each table. Encourage kids to use their hands to spread it around until the table is covered by a thin layer and the heart is completely covered up.
- Give each child a cup, and show kids how to hold it with the open side facing downward. The shaving cream will stick to the cups as kids move them around the table, “cleaning” the shaving cream off the heart.
- Help kids scoop the shaving cream off their cups and spread it around the table again. You may need to add a bit more shaving cream to each table.
- Encourage kids to clear the tables even more quickly this time.
- If time allows, repeat the process again.
- After kids finish cleaning the tables, help them clean the shaving cream off their hands using the tubs of water and paper towels.

Say: God can clean our hearts, like we cleaned the hearts on our tables. God loves us so much, even when we make wrong choices. We can ask him to clean our hearts every time because saying “sorry” is part of prayer.
Clean Hearts

Supplies
- Bible
- chenille wires (2 per child)
- pony beads (handful per child)
- bubble solution
- paper plates (1 for every 5 or 6 kids)
- dish tubs filled with warm water (1 for every 5 or 6 kids)
- paper towels

Easy Prep
- Make a sample craft to show kids.

Tip
- If you would prefer to make your own bubble solution, mix the following for every 5 or 6 kids: ¼ cup of liquid dish soap, ¾ cup of cold water, and 5 drops of glycerin.

Talk About Getting Clean
Say: It can be fun to get messy. Sometimes we get messy when we’re doing an art project or playing outside. After we’ve finished, we need to get cleaned up.
Ask: • What’s your favorite way to get clean? Kids may say they enjoy taking a bath or shower or using a hose to wash off mud.
Say: When we sin and make wrong choices, it’s like our hearts have something messy on them. If we tell God we’re sorry for the wrong things we do, he forgives us and wipes our hearts clean. That’s why saying “sorry” is part of prayer.

Make Bubble Wands
Say: Let’s make something that uses soap to help us remember that God forgives us and makes our hearts clean.
- Give each child two chenille wires. Have kids twist both ends of the wires together to form a circle. Then continue twisting one end up about 3 inches to form a handle.
• Distribute a handful of beads to each child, and show kids how to thread beads onto the handle. When the handle is full of beads, help kids bend the bottom ends of the wires up around the bottom beads to lock them in place.
• Pour bubble solution onto plates, and place one in front of every five or six kids.
• Give kids some time to try out their bubble wands.
• After kids finish, encourage them to rinse the soap off their hands in the tubs of water.

Say: Most of the time, when we’re getting our bodies clean, we use soap like we used to make our bubbles. God cleans our hearts with his love and forgiveness. In the Bible, David knew that when he told God he was sorry, God would wash his heart clean. Read Psalm 51:7 aloud.

Say: Like David, we can have our hearts washed clean, too. We just have to tell God we’re sorry and ask him to make our hearts clean. Saying “sorry” is part of prayer.