

Black **EXCELLENCE**



July Monthly Theme: *Forgiveness*



Be kind and compassionate to one another, forgiving each other,
just as in Christ God forgave you. Ephesians 4:32

To "forgive" means "to cease to feel resentment against; to pardon (*Webster*).

Forgiveness is a choice. All of us have been in situations where we've been hurt by someone's actions or words and wondered why it's happened to us. Have you ever hurt somebody and wished to be forgiven? Do you spend time thinking about how someone has wronged you? How do you forgive? People through the ages have wrestled with similar questions.

Read the story below and answer the questions on the back.

There was a man who had two sons. The oldest was obedient and content to live with his father. The younger could not wait to get away from the family to live life on his own terms. When he was able, he went to his father to ask for his portion of the inheritance. When he got his money, he ran off to a far away land. Jesus says that the young man wasted his money in wild living. A short time later the economy bottomed out and the man had no money, no job and no friends. He was willing to take whatever job he could get and ended up taking care of pigs for a farmer. He was so destitute that he was willing to eat the pig feed to stay alive.

The young man wised up and realized that he had a loving father who treated his servants better than the boy was currently living. He decided to return home as a servant to the father. At least he would have food to eat. Little did he know, his father was expecting the boy's return. As soon as the father saw the young man on the horizon, he ran to him with open arms of forgiveness.

Though the boy returned with hopes of just being a servant, the father accepted him as the son he always was. The boy was forgiven and restored to his former position in the family.

When the Peter asked Jesus, Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?" Jesus said to him, "I tell you, not seven times, but seventy times seven." (Matt 18:21-22).

Jesus wasn't telling Peter to forgive someone 490 times and stop at 491. Rather, the numbers Jesus used were symbolic of infinity. We must forgive unconditionally and infinitely.

Student's Full Name _____

Date _____

Parent's Signature _____

Turn in your sheets to an instructor at the beginning of
Your class and you will receive your black stripe.

Must return on time by July 18

Requirements

Responsible behavior at home

Responsible behavior and passing grades
at school

Overall performance and attendance at
the karate school

Completion of the monthly Excellence Sheet

Returning the Excellence sheet on time, qualifies
you for student of the month and belt testing

Remember these sheets are your responsibility not your parents'.

Date turned in (**filled out by staff**) _____

Junior Karate Students: Below you will find a few questions concerning relationships with friends and family. Please answer the questions as honestly as you can, take your time and have your parents help when needed.

What does it mean to forgive? _____

Is forgiveness a choice? (circle one) YES NO

Did the father reject his son for running off with his inheritance or did he forgive him? _____

When we forgive, we are being "merciful, compassionate, humane". We are

- A. letting go of any grudges.
- B. removing focus from past mistakes or problems.
- C. dissolving any anger that we've been harboring.
- D. being peacemakers.
- E. all of the above



What are the blessings of forgiveness?

- A. We gain a better view of ourselves and others that does not include resentment.
- B. We start the healing process.
- C. We feel happier because we are no longer angry.
- D. We are able to move forward with a greater sense of freedom.
- E. We provide others with the opportunity to change and grow.
- F. All of the above

How many times should you forgive someone? _____

The bible directs us to forgive in Matthew 6:14-15, "For if you forgive others of their sin, your Father in heaven will also forgive you for your sins. But if you do not forgive others, your Father in heaven will not forgive your sins."

If you have hurt someone or if you have disobeyed God you must ask for forgiveness. And here's the good news: when you ask for God's forgiveness, he will always give it. God forgives you every single time you ask Him to. So ask!

Romans 5:8 says "But God shows his love for us in that while we were still sinners, Christ died for us.

And John 3:16 says, For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. **Do you have life in him today? YES or NO**

FIRST & LAST NAME: _____

PLEASE TURN IN ON TIME – BY JULY 18