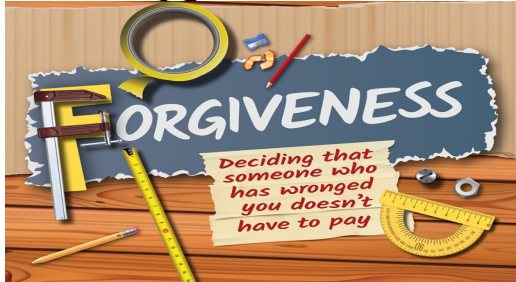


Black Belt EXCELLENCE

May Theme - Forgiveness



Memory Verse

Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.”
Colossians 3:13

Seth just got promoted into a more advanced karate class. As you’re sitting there getting your sparring gear on, you suddenly realize, “oh my gosh, I’m in a more advanced class. So that means I’m sparring more experienced students. Man, I’ve heard how that guy is really good. And that girl over there, acts like a girl but hits like a guy.” So the instructor pairs you up with Jordan, someone you’ve made friends with. “I know. I’ll spar him really hard. That way, everyone will see how tough I am.”

As the match begins, you move around a little and then, Wham! You hit him so hard, his nose starts to bleed. You feel horrible. But you feel like you have to keep up the image of being tough. But you feel so bad.

After class, as everyone is exiting the dojo floor Jordan is walking your way. “Do I be nice and apologize or act tough and give him some advice on how to defend himself better next time you spar?” Jordan kindly says, “that was a really hard punch and it was fast.” You say, “yea, I know.” Now you feel even worse. You were not showing any compassion, only arrogance. So you go sit down on the bench and think about what happened. “man, I hate what I did and feel really bad. I’ve got to do what I know is the right thing to do.” I need to ask for forgiveness.” So you walk up to Jordan as he’s heading out the door with his parents and you humbly say, “hey, I’m so sorry for hitting you so hard. I feel like I had to act tough to make others see I wasn’t a pushover. I apologize, can you forgive me?” Jordan says, “Seth, I forgave you the second you hit me. You see, our youth leader at church said, there was a guy in the bible that was being hurt over and over again by these men. He asked Jesus, Lord, how many times must I forgive these men hurting me, seven times? And Jesus said, no seven times seventy.” Love your neighbor he said. Seth, you are my neighbor.”

Forgiveness is something we all need to learn how to do everyday. It seems like we are always being offended almost everyday. Driving our cars, someone cuts you off. We have a rough day, get home and we lose our temper. Forgiveness begins at the cross. Colossians 3:13 says, Put up with one another. Forgive one another if you are holding something against someone. Forgive, just as the Lord forgave you.

This month we will be role playing different situations we come into where we need to learn how to forgive and release all that negative baggage. Forgiveness is healing.

This month my son/daughter or student has demonstrated both at home and at school those qualities of responsibility required by our school for students seeking to earn the *Black Belt Excellence Stripe*.

First Name _____

Last Name _____

Date: _____

Parent Signature _____

Date Posted by Instructor _____

6 Requirements of the Stripe of Excellence

- ◆ Black Belt Excellence behavior at home
- ◆ Black Belt Excellence behavior and passing grades at school
- ◆ Overall performance and attendance at the karate school
- ◆ Completion of the monthly Black Belt Excellence activity sheet and assignment
- ◆ Returning the Black Belt Excellence sheet when due
- ◆ Returning the Excellence sheet on time, qualifies you for student of the month and belt testing

Return your BBE Sheet to an instructor at the beginning of class to receive your black stripe.

Due by May 24-25

1. What could Seth have done before starting sparring?

- a. Pray for safety
- b. Act real tough
- c. Stretch

2. When Seth hit Jordan did he apologize right away? Why or why not?

3. Have you ever had to ask forgiveness for something you did to someone else? How did you feel after you asked for forgiveness?

4. What do think Jesus meant when he said we need to forgive not just seven times, but seven times seventy?

5. I John 1:9 says, if we confess our sins, He is faithful and just to forgive our sins and cleanse us from all unrighteousness. After Seth asked for forgiveness from Jordan, whom he wronged, who should he ask forgiveness from next?

- a. No one, he's already asked forgiveness from whom he wronged
- b. Jesus
- c. Jordan's family

6. Read the 5 bottom lines on the bottom of the page. Fill in the blank.

- 1. When you forgive others, it can _____ them.
- 2. Take the first step to _____ others.
- 3. _____ needs to be forgiven.
- 4. When you _____ forgive, YOU miss out.
- 5. Forgive others because _____ forgives _____.

