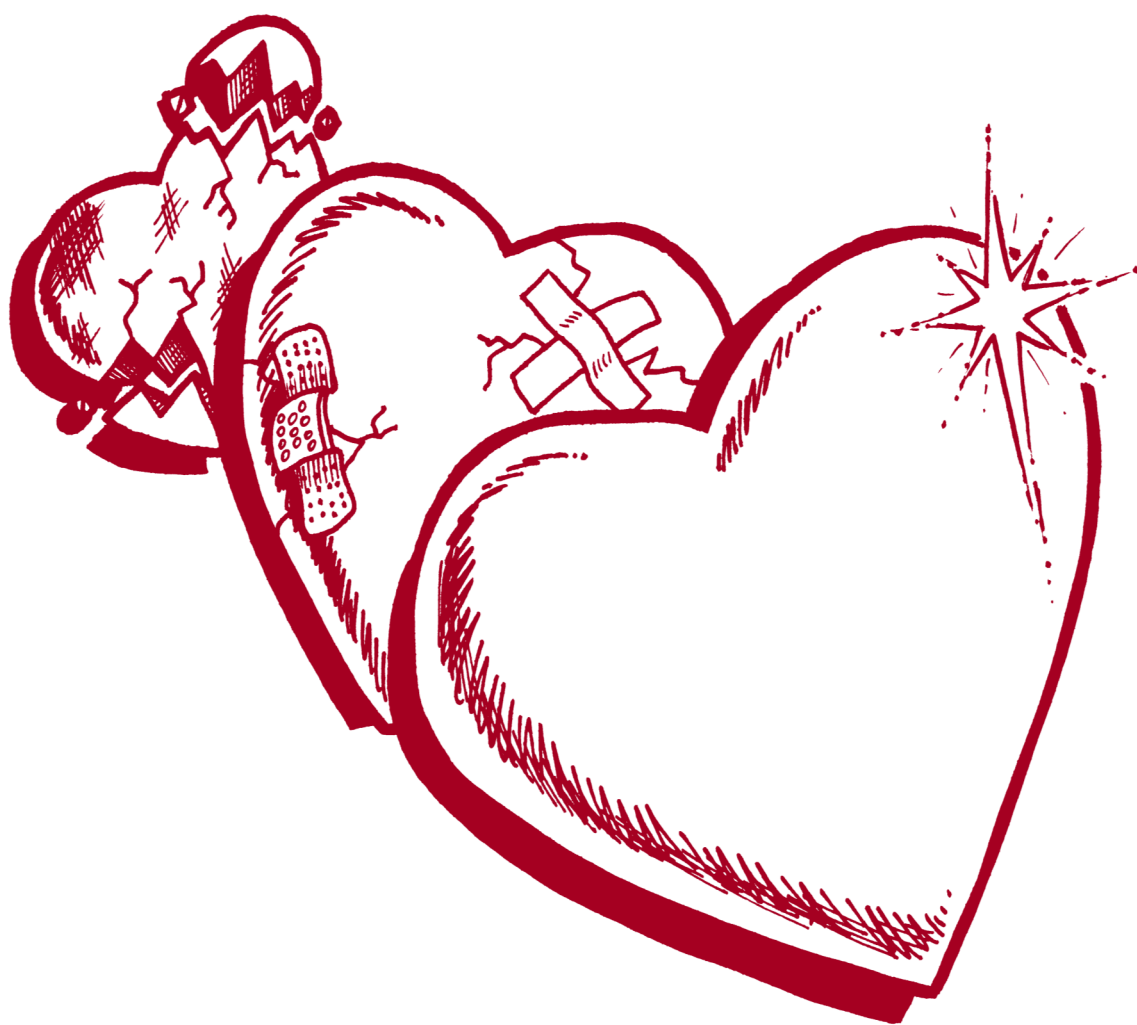


IS MY HEART A HAPPY HEART?



PROCESSING THE ISSUES OF A CHILD'S HEART

Is My Heart A Happy Heart?

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www.freshstartforallnations.org

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Dear Parent or Facilitator:

This is a children's workbook on forgiveness. It is designed to establish revelation of Christ's great love and care for the child so that he/she may be able to trust Him with his/her forgiveness issue.

- ♥ *Pages 1-4* establish God's great love for the child.
- ♥ *Pages 5-6* help the child face the offense(s) and the feelings that followed.
- ♥ *Page 7* uncovers the vows and judgments the child may have made as a result of the offense.
- ♥ *Pages 9-10* provide the explanation and opportunity for forgiveness.
- ♥ *Page 11* reminds the child that thoughts of the offense may come to mind but he/she must not rehash the event. God has been specific about giving the offenses over to Jesus. If the child does not make that choice, he/she may most likely be re-offended and find himself/herself again in the snare of unforgiveness.
- ♥ *Page 12* reminds the child that Jesus knows how to handle the offender. He/she must be willing to release the offense/offender and trust Jesus because He is trustworthy.
- ♥ *Page 14* contains a feelings list the you may find helpful if the child has a hard time getting in touch with his/her feelings.

May this tool be a blessing and an aid to set children free, all for His glory.

For the Kingdom,

Mindy Peterson & Diane Cory
Fresh Start For All Nations

God loves me!

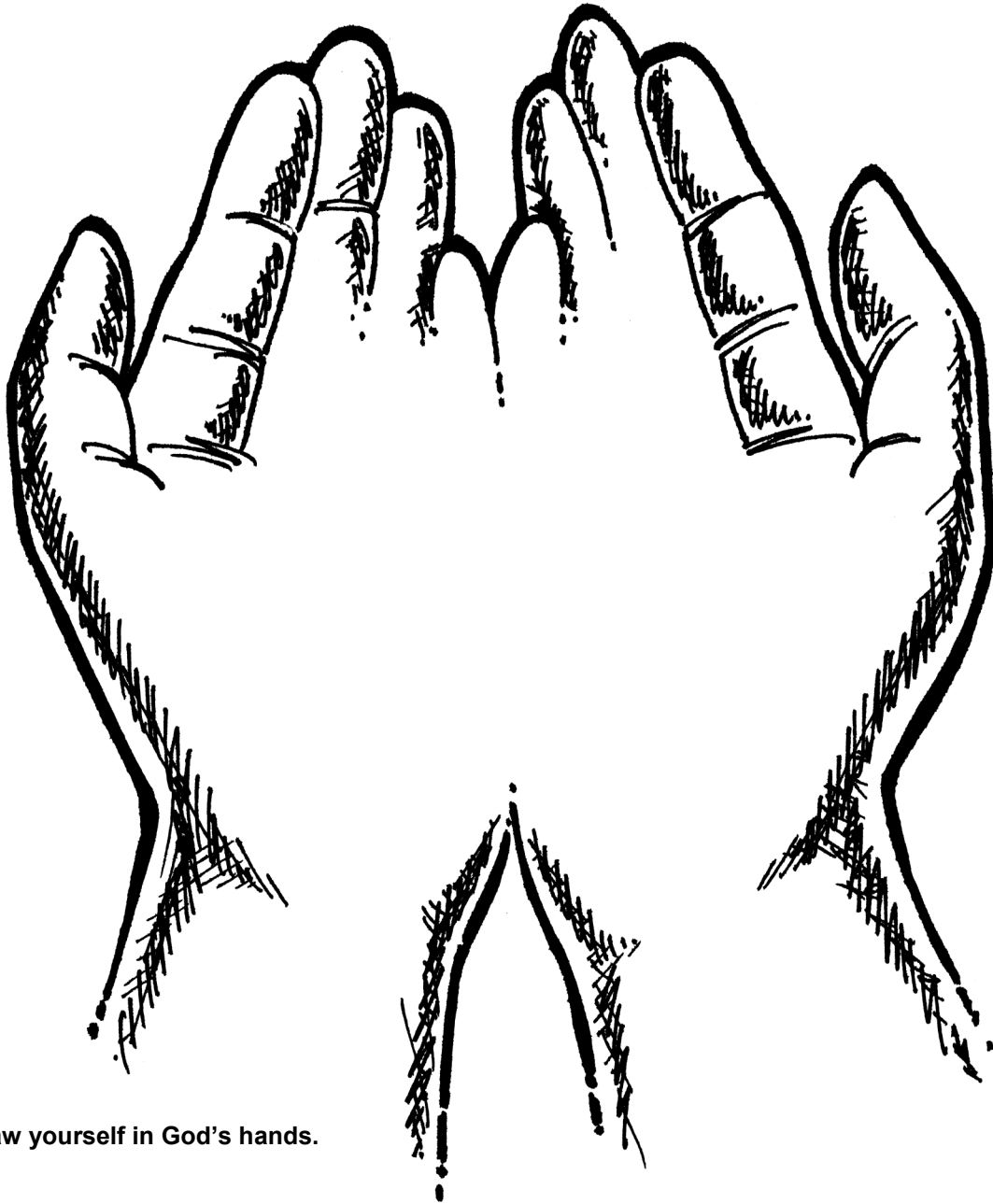
"FOR GOD SO LOVED THE WORLD THAT HE GAVE HIS ONE AND ONLY SON, THAT WHOEVER BELIEVES IN HIM SHALL NOT PERISH BUT HAVE ETERNAL LIFE." JOHN 3:16 (NIV)



I belong to God!

"See, I have engraved you on the palms of my hands;..."

ISAIAH 49:16 (NIV)



Draw yourself in God's hands.

God is my refuge (safe place). His arms are holding me!

"The eternal God is your refuge,
and underneath are the everlasting arms..."

Deuteronomy 33:27 (NIV)



Draw yourself in Jesus' arms.

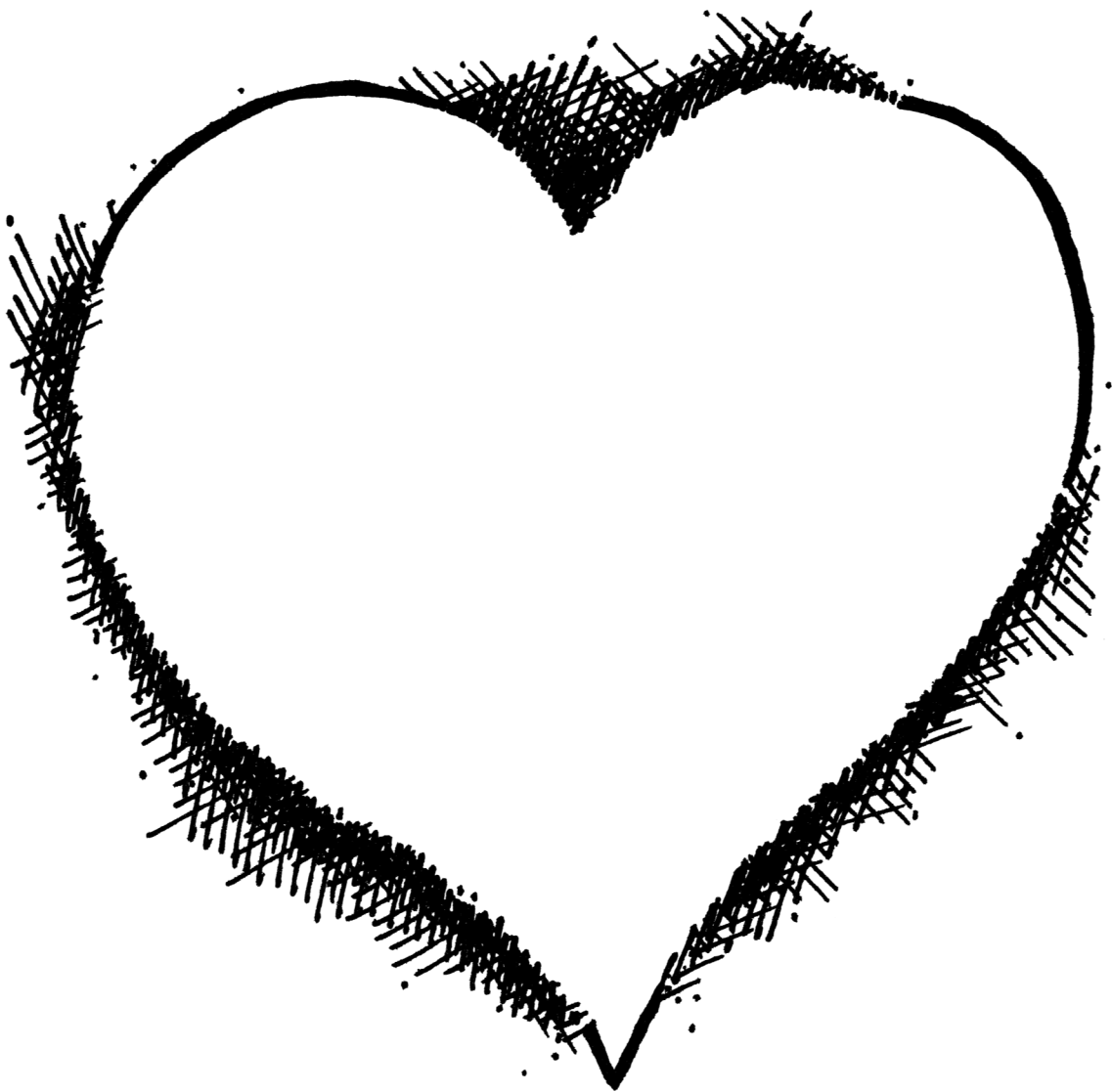
God loves me and I make Him joyful!

"The LORD your God is with you,
he is mighty to save.
He will take great delight in you,
he will quiet you with his love,
he will rejoice over you with singing."
Zephaniah 3:17 (NIV)



1. HOW HAVE YOU BEEN HURT?

- a) Share something that is making your heart feel sad or mad.
- b) Make a picture inside the heart below of someone or something that has made your heart feel sad or mad.



2. HOW HAVE YOU BEEN FEELING ABOUT THE PROBLEM?

- a) Does this seem like a big problem or a little problem?
- b) Share other feelings you have had about the picture you made inside the heart on the page 5.
- c) Color or mark the faces that show how you feel about what you drew inside the heart.



Angry/Mad



Sad/Tearful



Surprised



Foolish/Stupid/Embarrassed



Shameful

3. WHAT HAVE YOU DONE ABOUT THE PROBLEM SO FAR?

a) Have you told anyone?

b) Have you told yourself something about it?

I hate them because _____

I will never _____

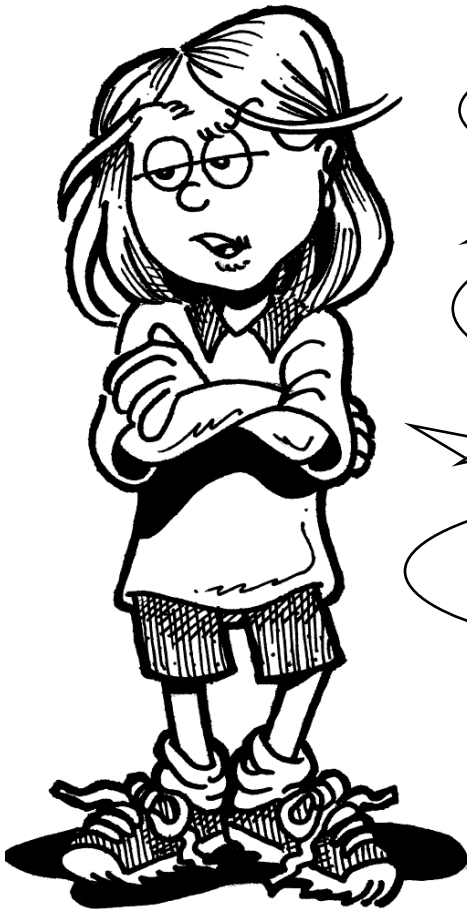
It's all my fault because _____

I know they hate me because _____

I don't want to think about it because _____

If I see them, I will _____

I should have _____

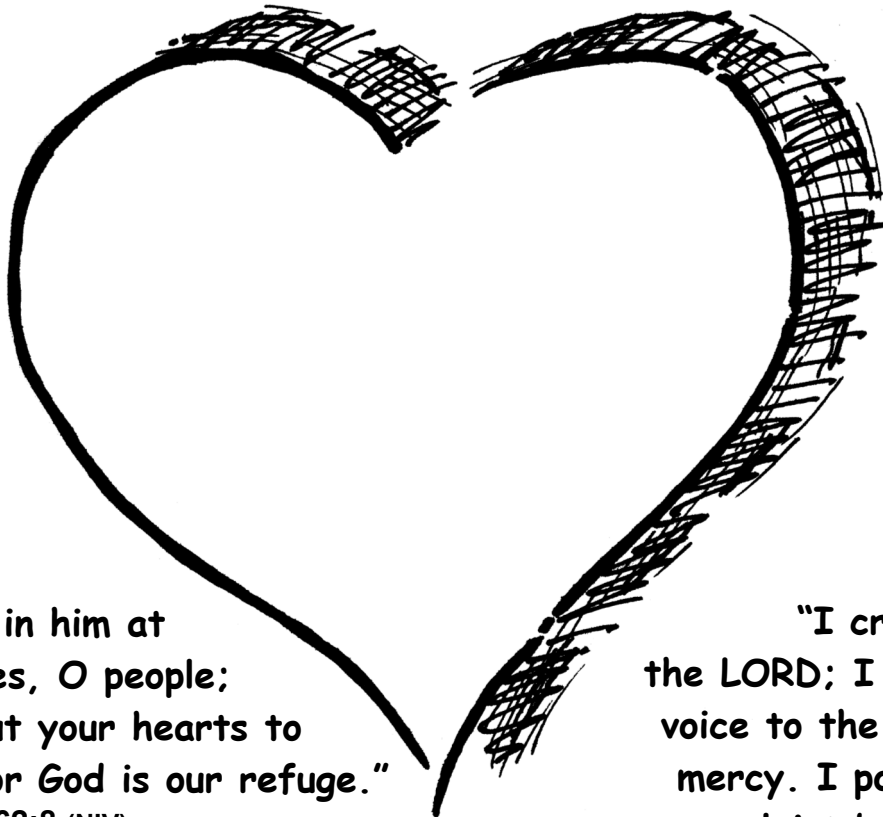


4. YOU CAN SHARE YOUR HEART WITH JESUS.

Jesus loves you!

He wants you to tell Him who or what has hurt you.

- a) Tell Jesus exactly how you feel.
 - b) Tell Jesus what you wish could or would happen.
 - c) Share with Him all the secrets inside your heart.
- Tell Him about the faces you colored in step 2 on page 6.



"Trust in him at all times, O people; pour out your hearts to him, for God is our refuge."
Psalms 62:8 (NIV)

"I cry aloud to the LORD; I lift up my voice to the LORD for mercy. I pour out my complaint before him; before him I tell my trouble."
Psalms 142: 1-2 (NIV)

5. FORGIVENESS

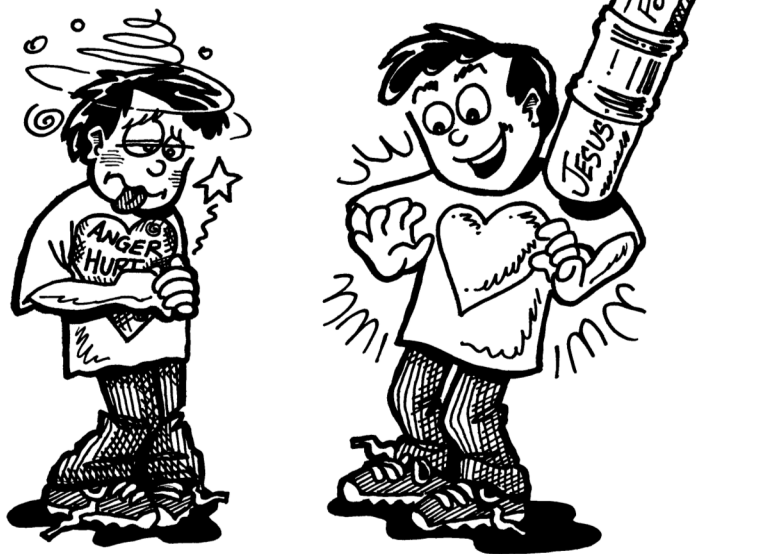
Forgiving means to let go of the person or problem and give it to Jesus. Then, like a chalkboard or rubber eraser on the back of a pencil, Jesus takes away the hurt or bad feelings. That does not mean your hurt did not happen. It means we are not going to carry the hurt or anger in our hearts anymore.

As we give "the problem" to Jesus, He can erase the hurt or anger in our heart. Jesus will do what He thinks is the right thing to do for the person. The person may not deserve our forgiveness, but because we love Jesus and want to obey Him, we forgive him/her.

a) Jesus wants to erase the bad feelings in your heart that were caused by someone or something.

b) Tell Jesus that you choose to forgive _____ and let Him erase the bad feelings or hurt in your heart.

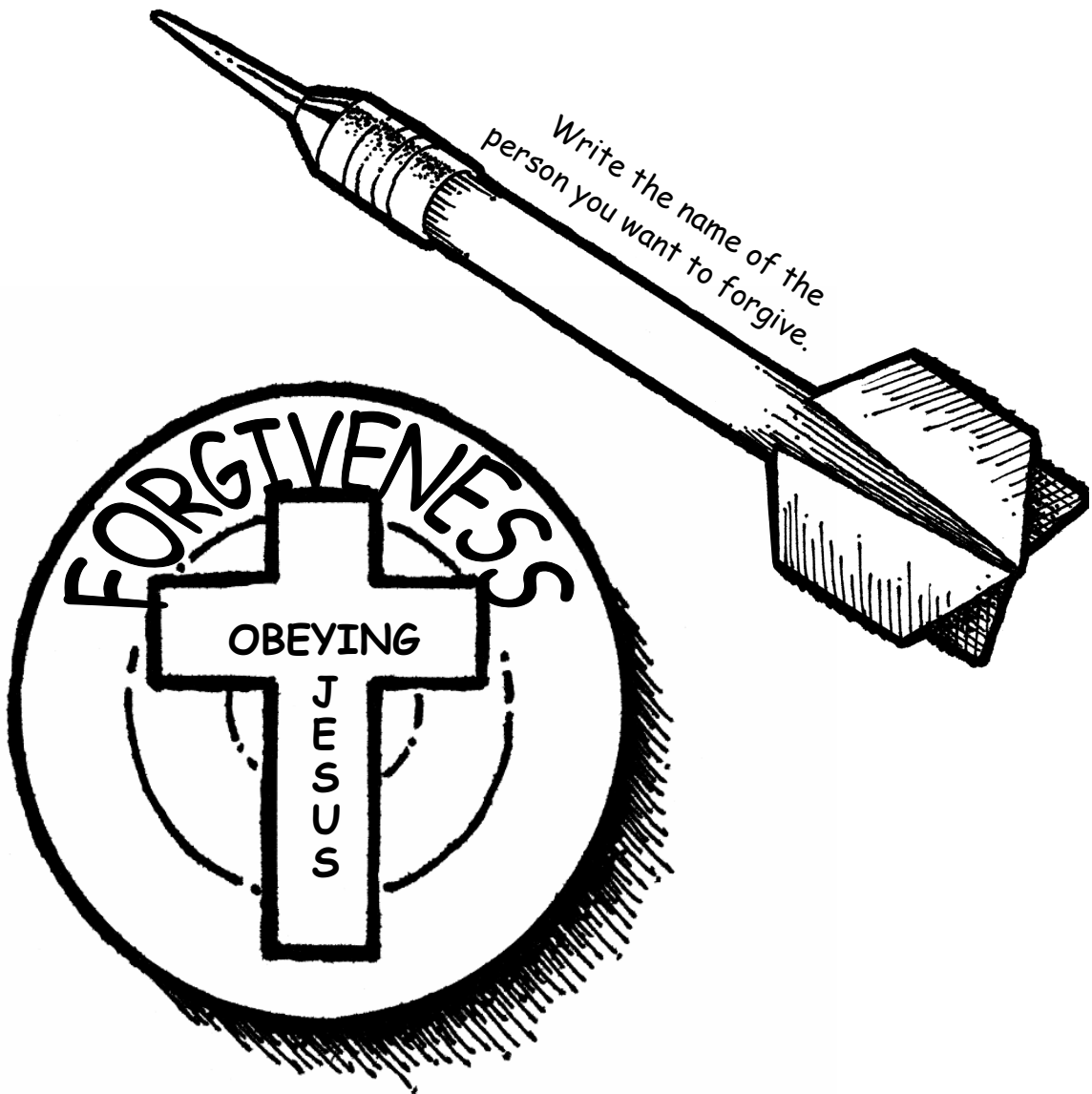
"Be kind and compassionate to one another, forgiving each other, just as in Christ, God forgave you."
Ephesians 4:32 (NIV)



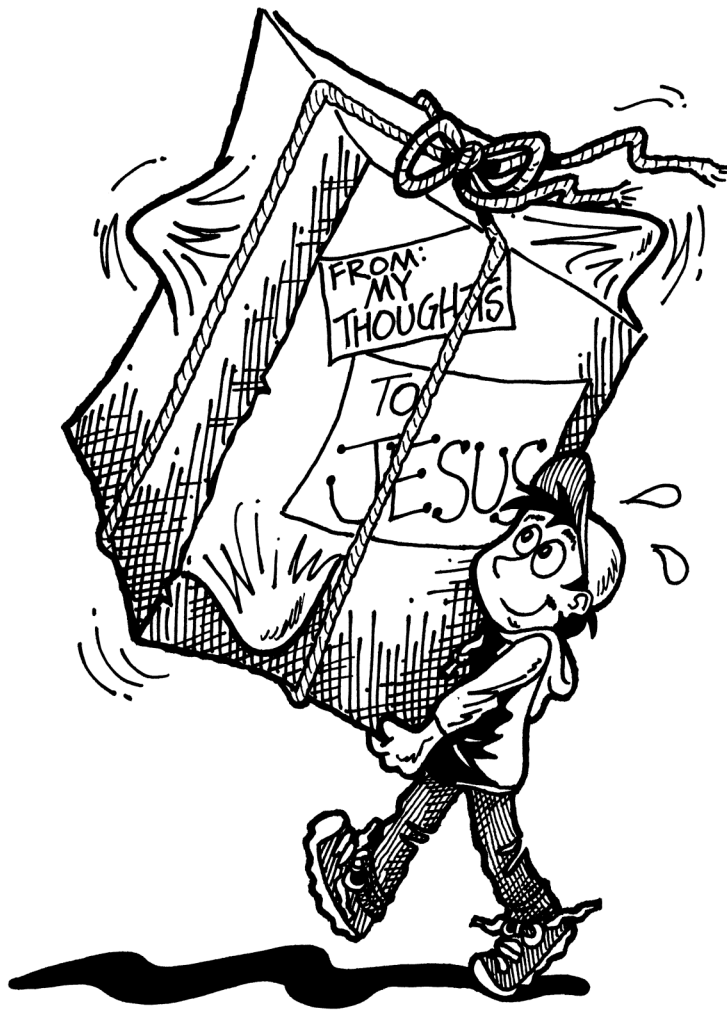
FORGIVENESS IS "LETTING GO" OF YOUR ANGER OR HURT.

Your TARGET is forgiveness.

Throw your hurt or bad feelings to Jesus. As you let go
of the dart, you are obeying Him.



6. GIVING YOUR THOUGHTS ABOUT THE PROBLEM OR PERSON TO JESUS.



My Thoughts

1. _____

2. _____

3. _____

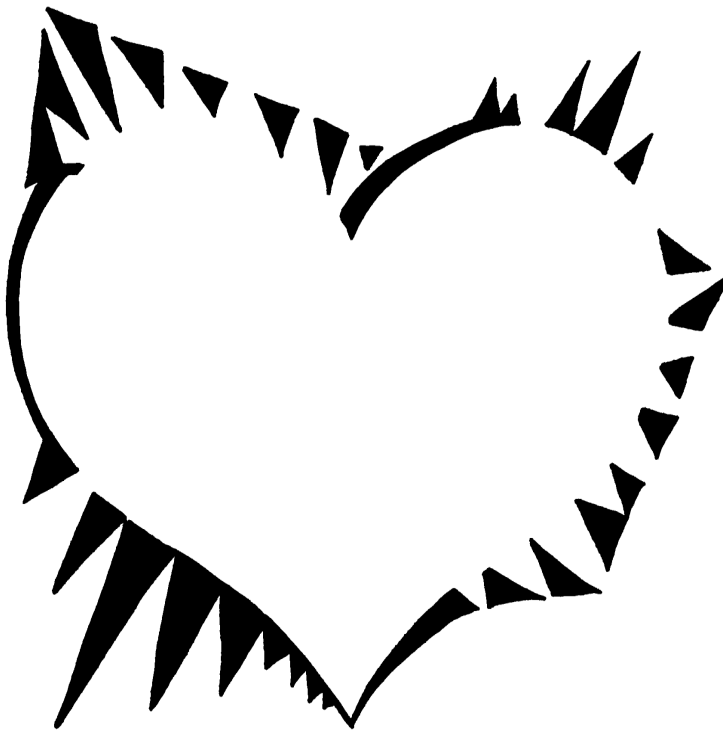
4. _____

"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."

2 Corinthians 10:5 (NIV)

7. LET JESUS BE THE ONE TO TAKE CARE OF THE PROBLEM.

- a) Talk to Jesus and ask Jesus to help him/her.
- b) Tell Jesus you know the problem is important to Him.
You believe He can handle it.
- c) Write the names or make the faces inside the heart of the people you want Jesus to help.

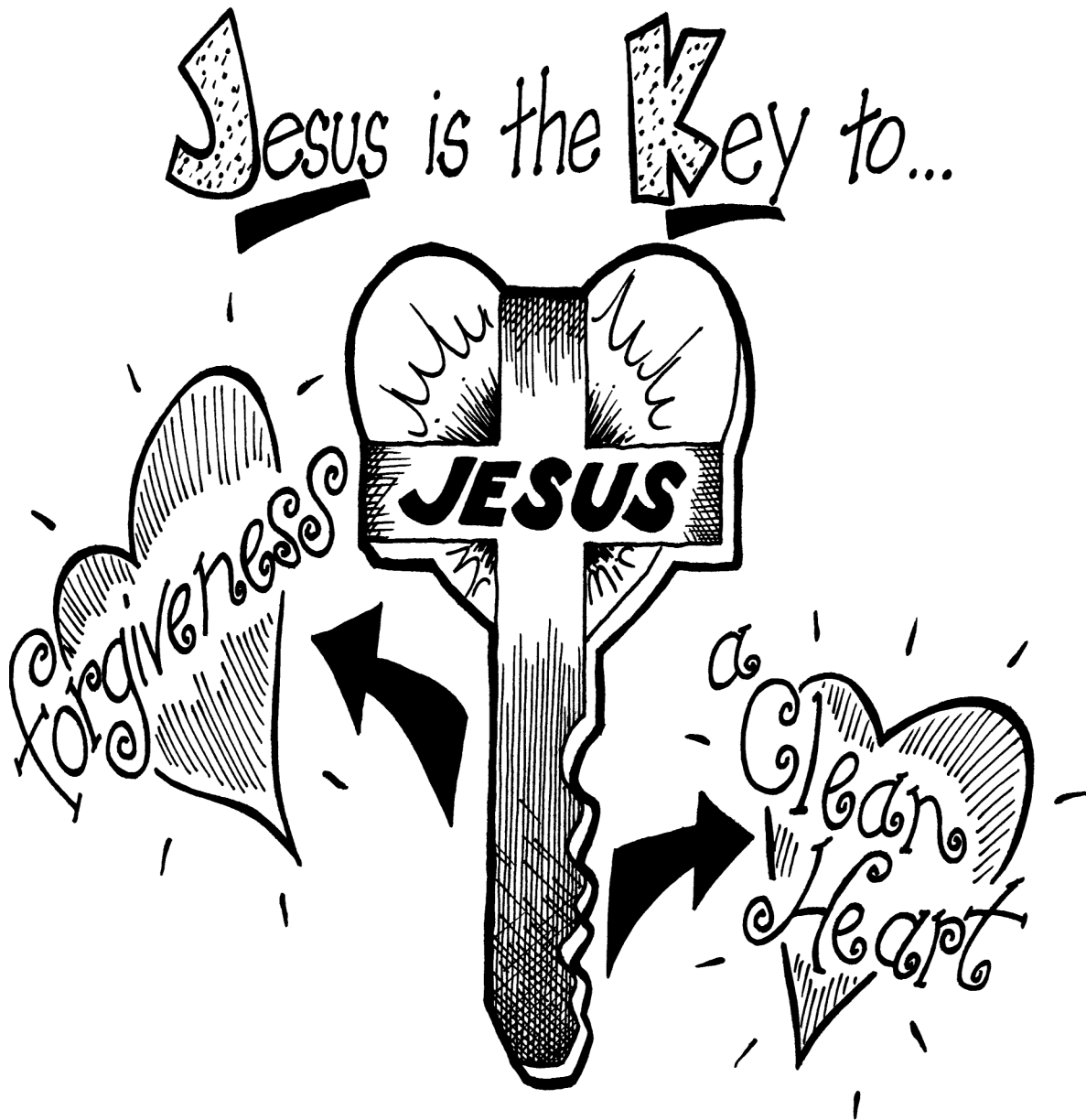


**"Cast all your anxiety
on Him because He
cares for you."
1 Peter 5:7 (NIV)**

**"Trust in the LORD with
all your heart and
lean not on your
own understanding;
in all your ways
acknowledge him,
and he will make your
paths straight.
Do not be wise in your
own eyes; fear the LORD
and shun evil.
This will bring health
to your body and
nourishment to
your bones."
Proverbs 3:5-8 (NIV)**

JESUS IS THE "KEY."

We are obeying God when we forgive others. When we forgive, Jesus comes into our hearts and takes the pain and hurt away. He is the KEY to forgiveness and a clean heart. Let Jesus be the key to YOUR heart.



FEELINGS LIST:

Loving	Calm	Scared
Likeable	Silly	Uneasy
Friendly	Shameful	Surprised
Frightened	Trusting	Hurt
Happy	Anxious	Hateful
Joyful	Nervous	Angry
Cheerful	Enraged	Grumpy
Satisfied	Able	Dumb
Pleased	Brave	Excited
Delighted	Worried	Confused
Grateful	Afraid	Sick
Peaceful	Fearful	Sorrowful

NOTES: