

How To Say You're Sorry (And Really Mean It)

LESSON #3

TEACHER'S GUIDE

LESSON OVERVIEW

Big Idea: There are 4 things you need to do if you want to be truly sorry

Key Question: What does it mean to confess our sins?

Memory Verse: *But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.* **1 John 1:9**

Overview: Today, we're talking about what it really means to be sorry. We all say "I'm sorry" but do we always mean it? For example, what if your friend keeps leaving you out at recess everyday. When you ask them about it, they say, "Sorry, I didn't mean to do that." Are they really sorry? No, of course not! The reason- truly being sorry takes more than just saying the words. A real sorry includes a change in thinking and action. Actions always speak louder than words. You would believe your friend is sorry if they stopped leaving you out, right? And guess what? It honors God when we're truly sorry. God says that we should always mean it when we say it. Here's how you can be sure that your "I'm sorry" is real. **1.** Admit when you're wrong. Don't blame anyone else or make excuses. **2.** Recognize that your actions hurt someone. **3.** Change your attitude. You can make a commitment to yourself not to repeat that behavior again. **4.** Change your actions. Don't make the same mistake twice. If you follow these 4 steps, you will show that you are truly sorry. And when you're truly sorry, you are honoring God! There's nothing better than that.

CLASSROOM AGENDA

- 5 min **PLAY:** Begin working on Activity Page #1.
- 5 min **WARM UP:** How do you know when someone is really sorry? How do you know when someone **isn't** really sorry?
- 5 min **PREVIEW:** Write out the Big Idea and Memory Verse and Key Question on a whiteboard. Have the kids copy it down on Activity Page #1. (if applicable)
- 20 min **LARGE GROUP:** Gather for songs and videos with other kids. Then return to small group to finish this guide.
- 5 min **RECAP:** Read the **Lesson Overview** from the Teacher's Guide to the class and then **answer** the KEY QUESTION.
- 5 min **EXPLORE:** Read [2 Corinthians 7:10](#). What does God want us to feel when we mess up? What is the difference between godly sorrow and worldly sorrow?
- 10 min **PLAY:** Choose a group activity from Activity Page #2.
- 5 min **CLOSE:**
 - Of the four steps, which one do you need to work on most?
 - Share prayer requests and pray as a class.

TEACHER TIPS

Don't forget that you set the tone for your kids. Smile. Have fun. Pursue God together.

Allow each kid to share. The point: No one likes a fake "I'm sorry". If you can recognize when an apology is fake, you can avoid doing that yourself.

Answer: Confess is just another word for admitting when you're wrong.

If we're truly sorry for something, we will admit to it and want to make a change. That's how we need to come to God. When we do things that don't honor him, we need to admit it and say "I'm sorry". Then, we need to make the right choice the next time. And, here's the good news, when we confess our sins to God, he promises to forgive us.

Bonus Questions: When you get into trouble, what's the first thing you want to do? (admit you were wrong, blame someone else, make an excuse) Why is it important to admit when you're wrong?

4-5th: Why is it important to confess our sins to God?

God wants us to be sad when we mess up. But, he doesn't want us to be sad so that we just beat ourselves up and feel terrible. He wants us to be sad so we recognize our mistake and want to change it. **Wordly sorrow** says, "I messed up. Oh well, I'm not perfect. I'm sure I'll do it again." **Godly sorrow** says, "God, I messed up. I'm sorry. I want to do it right the next time. Godly sorrow is what we should have. Our hearts should always be about wanting to honor God, especially when we mess up.

Allow each kid to share.

ACTIVITY PAGE #2

Classroom Activities K-1st

Option #1

Truly Sorry Band-aid Craft

- Give each kid an envelope
- Give each kid a band-aid/label template (pg 5)
- Allow kids to color and decorate the 4 band-aids and the label
- Have kids cut out the band-aid square and the label
- Have kids glue the label onto the pocket side of the envelope
- As the kids work, read the step on each band-aid and remind them how important each one is to being sorry
- Then have kids put the band-aid square into their envelope and tell them to refer to this the next time they hurt someone's feelings and need to say "I'm sorry"

Supplies needed

- small business size envelopes, one per kid
- band-aid/label template (pg 5), one set per kid
- crayons
- scissors
- glue

Bonus Activity:

Play **Find the Book in the Bible**

Have kids get into pairs. Give each pair a Bible. Have teams race to find the books below. First to find it has to say if it's in the OT or NT

Books: Ruth, 2 Timothy, Jude

Option #2

Truly Sorry Tic Tac Toe

- Have class divide into 2 teams
- Give each team a bell or ringer
- Draw a tic tac toe board on the whiteboard
- Have teams decide who is the "x" and who is the "o"
- Read the questions below. The first team to ring in gets a chance to answer. If correct, they get to put their symbol on the tic tac toe board.
- If wrong, the other team gets a chance to answer
- First team to get 3 across wins

Questions:

1. Who died on the cross for our sins? (Jesus)
2. From what book in the Bible is our memory verse found? (1 John)
3. What should you say to someone when you've hurt them? (I'm sorry)
4. How many steps are there to being truly sorry? (4)
5. What book is full of God's words? (Bible)
6. What was the Big Idea today? (See board or Teacher's notes)
7. True or False: Truly being sorry means you keep doing the same things over and over. (F)
8. Why did Jesus have to die for us? (sin)
9. Where will we live with Jesus one day? (heaven)
10. True or False: If you're truly sorry, you will admit you're wrong. (T)

Supplies needed

- bells or ringers
- whiteboard
- dry erase markers

Bonus Activity:

Play **The Silly Memory Verse** game

Say the memory verse as a class. Say it again while **hopping** on one foot. Do it again while **spinning** around.

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KID AND PARENT GUIDE

[Online @ pursueGOD.org/kids](http://Online@pursueGOD.org/kids)

1 Discover Truth

Watch this week's lesson video as a family (see link above) and fill in the blanks.

1. Step #1: Admit that you were _____.
2. Step #2: Admit that it _____.
3. Step #3: Change your _____.
4. Step #4: Change your _____.

2 Talk about it

Answer these questions together as a family.

1. Why is it hard to say "I'm sorry" sometimes?
2. Why is admitting you're wrong important to truly being sorry?
3. Why is admitting that you hurt someone's feelings important to truly being sorry?
4. How do you know when someone's "I'm sorry" is real?
5. Read [2 Corinthians 7:10](#). What does God want us to feel when we mess up? What is the difference between godly sorrow and worldly sorrow?

3 Live it out

Memorize this week's Bible verse:

"But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness"

1 John 1:9

Bonus: Read these additional passages as a family this week

- Read [Acts 3:19](#). Repent means to be sorry. What does this verse say happens when we repent to God?
- Read [Proverbs 28:13](#). Conceal means to hide. Why is it bad to hide our sin?
- Read [Matthew 18:15](#). What does this verse tell us to do if someone hurts our feelings?

Parent Signature _____

Learn the 3 basic truths of the Christian faith in the [Foundations for Kids](#) series.



ACTIVITY PAGE #1

K-1st Grade

Kids

BIG IDEA

There are 4 things you need to do if you want to be truly sorry

KEY QUESTION

What does it mean to confess our sins?

MEMORY VERSE

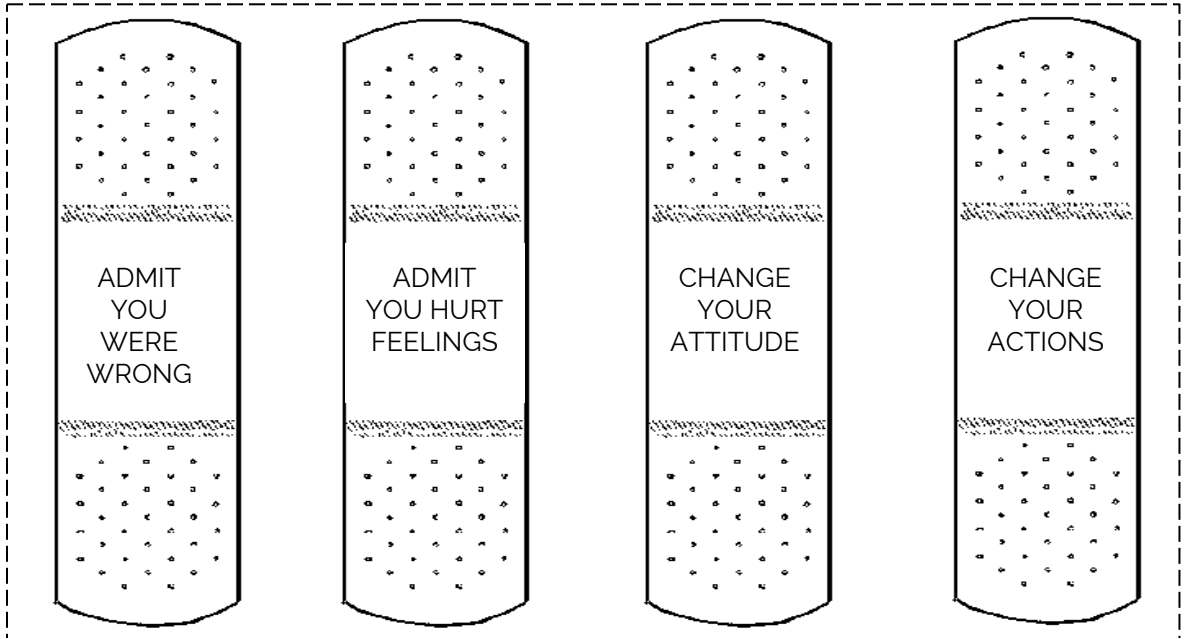
"But if we confess our sins to him, he is faithful and just to forgive us our sins and cleanse us from all wickedness"

1 John 1:9

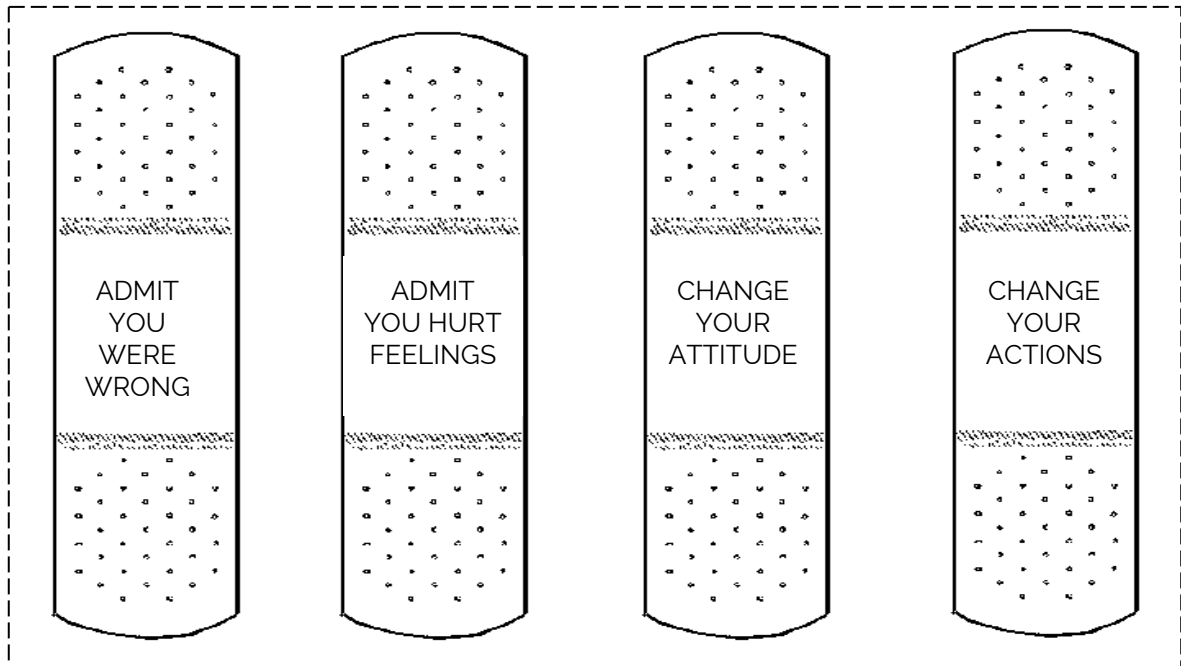
Color the picture



BE TRULY SORRY WHEN YOU HURT A FRIEND



BAND-AIDS
What to do when you hurt a friend



BAND-AIDS
What to do when you hurt a friend