



Gospel Light®

HOME DISCUSSION GUIDE
for ages 10-12

WINTER A
Lesson 7

No Grudges

[Love] does not dishonor others, it is not self-seeking, it is not easily angered, it keeps now record of wrongs.

1 Corinthians 13:5

I asked my kids, **What is the hardest rule to follow at school and at home? Which command God has given is hard to follow?** I share with them what are the hard rules for me to follow and what helps me do what's right. **When I do mess up, I tell God I did wrong and ask Him to erase it from my record. I am sure, because of His promise, that He does not hold grudges. When He forgives, it's as if I never sinned.** I encourage my kids to come clean with God every day so they can start out new again.

Try This:

Anger is like boiling water. And there are some ways to let off steam when you're angry before you blow your lid. I share these ideas with my kids so they can learn to handle their emotions of anger before they hurt others with words and actions. Walk away from the situation. Get alone. Listen to music. Pray. Count to 10 or 20 or 50. Run or do jumping jacks. Punch a pillow or scream into it. Talk it out with someone.