



Faith Corner

Forgiveness Is Like Letting Go of a Heavy Backpack

*With gratitude for the teachings of Dr. William Johnson, Ph.D.,
whose wisdom continues to bless others.
Adapted for children by Sharee Fish Norton.*

Have you ever had someone hurt your feelings?
Maybe they said something unkind.
Maybe they wouldn't let you play.
Maybe they broke your favorite toy.

When someone hurts us, our hearts can feel heavy—
almost like we're carrying a backpack full of rocks.

Sometimes we think...

"I'll feel better when they say they're sorry."

"I'll feel better if I get even."

"I'll feel better if they know how much they hurt me."

But Jesus teaches us something different.
He teaches us that forgiveness is a gift we give—
not because someone earned it, but because
God first forgave us.

Forgiveness doesn't mean what happened was okay.
It doesn't mean we have to forget.
It doesn't mean we have to trust someone right away.
It simply means we give the hurt to God
instead of carrying it ourselves.

When we forgive, the heavy backpack gets lighter.
Our hearts have room for peace again.

That doesn't always happen in one day.
Sometimes we have to forgive again and again.
And that's okay. God walks with us
every step of the way.

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



Sometimes the person who feels the biggest
blessing from forgiveness... is you.

