



Supplies

- “Forgiveness Pillows Instructions” handout (download [here](#))
- fleece (two 1x1-foot squares per child)
- scissors
- pillow stuffing
- permanent markers

Easy Prep

- Cut two 1x1-foot squares of fleece for each child.
- Pre-cut slits for kids ages 7 and under.
- Make a sample craft to show kids.



Make Pillows

Show kids the sample craft you made. Give each child two squares of fleece and a pair of scissors. Set out the stuffing to share, and have kids follow the instructions on the “Forgiveness Pillows Instructions” handout to make forgiveness pillows.

- Place the two fleece squares on top of one another.
- Cut 3-inch slits all around the edges of the layered squares, each about 1 inch apart.
- Tie each pair of 3-inch pieces together with a double knot. (With help and instruction, most preschoolers will be able to tie one knot; tying a double knot will be challenging. Help as you can, but otherwise just let them tie single knots and encourage parents to reinforce the knots at home. Preschoolers will also be slower and may not complete the craft, but they can take it home to finish.)
- Stop tying when you have about half of one side remaining.
- Fill the pillow with stuffing.
- Finish tying the rest of the pillow.
- Use permanent markers to decorate the fleece with hearts.

Pray

- Have kids hold their pillows and pray for someone who they need to forgive.
- After they've prayed, have kids cut off one piece of fringe up to the knot and stuff it through a hole into the pillow. (Help preschoolers cut the fringe off.)

Talk About It

Say: **When we forgive others, it can make our hearts *and* their hearts softer. You can take your pillow home and cut off a piece of fringe every time you pray about forgiving someone. The more you forgive, the softer your pillow—and your heart—will get.**

Ask: • **How has forgiving others changed your own attitude?**

• **How has being forgiven changed *your* attitude?**

Say: **God helps us forgive our enemies. Forgiving isn't always easy or natural, but the more we do it, the more God softens our hearts and the easier it gets. God forgave us, so we can forgive others.**

Have kids take their pillows home and use them to pray for their friends, families, and enemies as a reminder that God helps us forgive our enemies.