



Gospel Light®

HOME DISCUSSION GUIDE
for ages 10-12

FALL B
Lesson 12

Getting Even

“Forgive your brother from your heart.”

Matthew 18:35

Did you know that forgiving others instead of trying to get even can keep you more healthy? Here’s what works to keep the air clear in our family: When tempers are getting heated, I give the “peace” sign to let others know we need to talk or we need a break to cool down before talking. Then sit down, set the timer, and let one person share feelings without interruption from the other until the timer goes off. Then set the timer for the other person to share. Moderate for your kids to be sure each person is heard and they come to a resolution to the problem.

Try This:

Small touches—a hand on the shoulder, pat on the arm—can say so much and be healing. Take turns giving each other a back rub or back scratch.