



FAMILY TIME
TRAINING

Activity: Repentance

Teaching Goal: Repentance involves both an apology **and** changing our behavior.

Scriptures: Acts 26:20 “I preached that they should repent and turn to God and prove their repentance by their deeds.”

Acts 9 Paul who has denied Jesus as Lord, calls him Lord and quits persecuting Christians.

Jonah 2 Jonah calls out to God from inside the fish and changes his way by going to Nineveh to deliver God’s message.

2 Kings 22-23 Josiah finds the Book of the Law, prays to the Lord for forgiveness, and destroys the idols throughout the land.

Materials: 24” String or yarn
Washer
Nut
Scissors
Ruler

In Advance: Practice the role play situation in Activity #1 and tie the 24” piece of string between the washer and the nut.

- I. Play theme song
- II. Pray
- III. Review Last Lesson
- IV. Lesson and discussion

✓ Words that are written in **bold** are when the leader is speaking. Feel free to use your own words.

A. **DISCUSSION: What does the word “repent” mean? Listen to answers. To repent is to admit doing something wrong AND changing the wrong behavior to good behavior. Repentance requires both an apology and a change in behavior. Can you think of an example of someone who repented? Listen to answers.**

Invite a volunteer to read Acts 26:20. Read or in your own words share the examples of repentance in the lives of Paul (Acts 9), Jonah (Jonah 2) and Josiah (2 Kings 22-23).

B. **ACTIVITY #1:** Role-play with two adults or an adult and one of the older children. Sitting close to each other, one person gently bumps the other person’s leg with their foot. The person being bumped says, “Hey. Stop it please.” The bumper says “Sorry, I didn’t mean to bump you.” But in a few seconds the bumper starts bumping the other person. Repeat the bumping, request to stop and apology three more times.

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The role player being bumped asks the rest of the family: **Do you think he/she is really sorry for bumping me? Why or why not?** *Listen to answers. They are saying the words but they are not changing their actions. They may be apologizing but without changing the action they are not repenting.* The bumper could at least move farther away so they don't bump the other person. That would represent repentance.

C. ACTIVITY #2: Hold up the washer tied to the nut with a string. **The washer represents God. You and I are represented by the nut. The string represents our relationship with God.** Measure the length of the string with the ruler. **The scissors represent sin.**

Cut the string with the scissors. **When we sin...do something we know is wrong...it impacts our relationship with God. Although he never leaves or changes, we may feel more distant from God or we may feel guilty and not want to think about God.**

Lay the cut pieces of string end to end. **But if we repent and change our behavior then we can repair our relationship with God.** Tie a knot to put the cut ends back together. **Tying the knot in the string represents repentance...apologizing for our sin AND changing our behavior. This is the same thing Jesus does for us. When we believe AND follow Jesus he takes away the sin that separates us from God.**

Give each family member an opportunity to cut the string and tie the two ends back together. After cutting and tying several times, measure the string with the ruler. The distance between the washer and the nut is shorter. **God knows we aren't going to live perfect lives. Every one of us is going to sin. That's why we need Jesus. The important thing is when we sin, what do we do about it? If we repent, not only does that repair the damage in our relationship...it also draws us closer to God. Our relationship with God is closer when we confess our sin and change our behavior.**

D. APPLICATION: This activity can be used with all relationships. When we apologize and change our behavior in relationships with others, we become closer. Look for opportunities with family, friends, teachers and others where repentance helps to strengthen relationships.

V. Memorization

Sorry + changed behavior = repentance

VI. Close in Prayer

VII. Pass It On

Make an extra copy of this lesson and *pass it on* to another family.