

“Weighted Down”

Carry with you an item of a least five to 10 pounds for 30 minutes or more while you go about your house. When you remove the time from your load, respond to these questions:

1. What it was like to do other activities while holding onto your item?
2. Would it have been easier to put it down while going about your time and activities?
3. What do you believe is symbolized by this heavy item?

Discussion:

The items I gave you are supposed to symbolize grudges that we carry around. Do you know what a grudge is?

When someone has done something wrong to us or when they have hurt us in some way and we get angry and carry those feelings around with us, they begin to weight us down. They begin to make us slower and more frustrated and _____

When we forgive someone or when someone forgives us, the weight of carrying that around is lifted and we can be free to love that person again.

When we forgive someone, there is a weight lifted from us and from the person we forgave. That is one of the reasons that Jesus wanted us to