

# Nabi Musa flees to Madyan ~ Forgiveness

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When Nabi Musa accidentally kills the Egyptian man in the fight, Allah forgives him:

'My Lord! I have wronged myself, so forgive me!' So He forgave him. Indeed He is the All-Forgiving, the All-Merciful. (Sura Qasas 28:16)

In the same way when we make mistakes and sincerely ask Allah for forgiveness InshaAllah he will forgive us too.

If we expect Allah to forgive us we should behave in the same way and forgive the people who wrong us. When you forgive someone you let go of all the anger, bitterness, sadness and depressing feelings within you. Forgiving someone frees you from the negative feelings inside.

Activity:

## **Balloon Analogy: Why Forgiveness Is Important**

What are some of the feelings that you have when someone hurts you or breaks something of yours? (Invite answers from kids: angry, sad, frustrated, helpless, etc.) Part of forgiving someone is recognizing those feelings, letting them happen, and then letting them pass so that you can move on. One way to help your feelings move on is to let them out—in a healthy way.

- What happens if you hold all of those feelings inside and stay sad or angry, or if you tuck those feelings away somewhere inside your heart? (Blow some air into a balloon.) This air is like anger or sadness that comes into us.
- If we let it out each time we feel angry or sad, it's not such a big deal—just a little air comes out and we're back to normal. (Let air out of balloon.)
- But if we keep it inside, and keep adding to it each time we get upset and hold it in (blow into balloon several more times) then what happens? What will the balloon do if we keep blowing into it?
- And watch what happens when I let it go. (Balloon deflates and flies all over room.)
- It's pretty out of control. If you hold all your anger inside for a long time, it might all come out at once sometime, and you could have a much bigger reaction than the situation calls for.

Reference of activity: <http://www.brilliantstarmagazine.org/parents-teachers/teaching-tools-techniques/lesson-plans-and-activities/forgiveness-a-virtue-building-lesson-plan#.VvrBCrgrKM8>