

FOURTH SUNDAY LESSON



Theme for the Month: THE POWER OF FORGIVENESS<sup>[L]
[SEP]</sup> *"If you hold anything against anyone, forgive them, so that your Father in Heaven may forgive you your sins." – Mark 11:25*

Lesson 4: Seize the Day — Living Free in Forgiveness

Definition- *Carpie Diem*—"seize the day-"a latin phrase used to urge someone to make the most of the present time.

Key Verse: *"This is the day the Lord has made; let us rejoice and be glad in it."* – Psalm 118:24

Story Source: *Flying is for the Birds* (Lashley forgives himself, flies again with rosy pink glow)

Supporting Bible Story: Jesus Forgives Peter (John 21:15–17)

Memory Verse: *"There is now no condemnation for those who are in Christ Jesus."* – Romans 8:1

Opening Prayer

"Dear Lord, thank You for this new day. Please help me not to waste time feeling sad or stuck in the past. Teach me to forgive, to smile, and to live free in Your love. Amen."

Lesson Objectives

By the end of today's lesson, children will:

Understand that regret (feeling sad over past mistakes) can steal our joy.

Learn from Lashley's story that forgiving ourselves brings freedom.

See that Peter also had to forgive himself to move forward with Jesus.

Know that *"seize the day"* means making the most of today with joy, love, and forgiveness.

Story Exposition



In the story *Flying is for the Birds*, Lashley carried guilt for a very long time. He always thought about the minnow he had swallowed, and it made him feel heavy inside. His feathers turned gray, his heart grew sad, and he no longer enjoyed flying like the other birds.

Why? Because Lashley kept looking back instead of moving forward. He wasted many years living in regret instead of living in joy.

But when Hartlie came alongside him, he reminded Lashley of God's forgiveness. Lashley finally forgave himself. Then something amazing happened—his feathers turned rosy pink, his heart grew light, and he soared into the sky again!

This part of the story teaches us two things:

1. **If we refuse to forgive ourselves, regret will weigh us down.** It's like trying to fly with a heavy stone tied to your wings.
2. **If we forgive and let go, we can truly live free.** We can “seize the day” and enjoy the time God gives us.

The Bible gives us the same lesson through Peter. After Peter denied Jesus three times, he was full of regret. He cried bitterly because he thought he had failed. If Peter had stayed stuck in regret, he would never have been able to serve Jesus again. But Jesus forgave him and gave him new work: *“Feed my sheep.”* (John 21:15–17). Peter had to forgive himself too, so he could move on and live boldly for God.

God's Word reminds us:

“God is forgiving and good, abounding in love.” (Psalm 86:5)

“For God so loved the world that He gave His only Son.” (John 3:16)

“This is the day the Lord has made; let us rejoice and be glad in it.”

(Psalm 118:24)

How We Can Seize the Day in God's Forgiveness

Forgive Quickly – Don't hold on to hurt or guilt.

Live Joyfully – Remember each day is God's gift; be thankful.

Love Others – Show kindness, like Hartlie did to Lashley.

Forgive Yourself – Don't waste your life in regret; move forward with God's love.

Conclusion

Regret is like carrying a heavy backpack every day—it makes life hard and tiring. Lashley wasted years stuck in guilt. But when he forgave himself, he was free to soar. Peter too was restored and went on to do great things for Jesus.

God calls us to **seize the day**—not to waste time in sadness, but to live free,

happy, and full of love.

Lessons Derived

Forgiving ourselves is part of living in God's grace.

Regret steals our joy, but forgiveness gives us freedom.

Every day is a gift from God—live it fully!

Questions

1. What happened to Lashley when he finally forgave himself?
 2. What does “seize the day” mean?
 3. How did Peter move on after denying Jesus?
 4. (Reflection) Can you think of something you need to let go of, so you can live with joy today?
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Prayer Focus

“Lord, thank You for forgiving me. Help me not to waste my days in guilt or regret. Teach me to forgive myself and others, and to live each day with joy. Amen.”

Weekly Devotional Reading

Monday: John 21:15–17 — Jesus forgives Peter.

Tuesday: Psalm 86:5 — God is forgiving and full of love.

Wednesday: John 3:16 — God's love saves us.

Thursday: Romans 8:1 — No condemnation in Christ.

Friday: Psalm 118:24 — Rejoice in today.

Saturday: Philippians 4:4 — Rejoice in the Lord always.

Assignment



This

week, don't waste time looking back with regret. Write in your devotion journal one way you will *seize the day*—live with joy, forgive, or show love. Then share it with your class next Sunday.