

3-15-26 He Loves Me - Unconditional Mercy

Overview

God loves you **super much** — always and forever, no matter what! He wants you to be like Him and show that love to others, even when someone hurts your feelings. The bad guy (the enemy) tries to make us stay angry and grumpy so we feel stuck and sad. But God says: Let go of the mad feelings! Choose kindness and forgiveness instead. That makes your heart free and happy, like David's in the Bible.

Big Ideas

1. **God's Plan vs. the Bad Guy's Plan** God uses people to help, love, and fix things. The enemy wants to steal your joy, hope, and friendships by making you stay mad. But what you **choose** to do matters most — be kind like God, or let anger win.
2. **How Mad Feelings Grow Big** Something hurts → You get offended (mad) → You don't forgive → Mad feelings turn into a grumpy, hard heart (bitterness) → It makes you feel yucky inside. Bitterness is like a thorn or weed in your heart — it feels like it protects you, but it really traps you and makes you sad.
3. **Be a "Stronghold Destroyer" Like David** David could have hurt King Saul (who was mean to him), but he chose **not** to! He trusted God to be fair and showed kindness instead. Be like David: Obey God even when it's hard, trust Him to make things right, and be kind when you want to get even.
4. **Choose Mercy (Kindness) Instead of Staying Mad** Mercy means giving kindness to someone even when they don't deserve it — just like God does for us! God forgave us first through Jesus, so we can forgive others. Put on mercy every day like putting on your favorite shirt — be quick to forgive, think the best about people, pray for them, and don't keep replaying the hurt.
5. **God's Big Promise** Everyone gets hurt sometimes, but God doesn't want grumpy hearts for you. He gave mercy first (Jesus died for us even when we messed up). Choose to let go today and be free!

Fun Questions to Think About

1. Have you ever stayed mad at someone for a long time? How did it make your heart feel — happy or yucky?
2. Imagine someone was mean to you. How could thinking "God loves them too and has a special plan for them" change how you treat them?
3. When God forgives you (even for big mistakes), how does it make you want to treat others?
4. What's one time you felt like getting even, but chose to be kind instead? How did it feel?
5. Where do you sometimes forget to listen to God's quiet voice saying "forgive and be kind"?

Things You Can Do This Week

- Think of one person who hurt your feelings. Pray every day: "God, help me let this go and be kind to them."
- When you feel mad, **pause!** Take a deep breath and remember how kind God is to you — then choose kindness.
- Every morning, say: "God, today I choose mercy!" (Pretend to "put it on" like a superhero cape.)

- Do something nice for someone who was mean — like pray good things for them, smile, or share a toy.
- If it's safe, say sorry or talk nicely to fix a friendship (like building a wall with a door for saying sorry later).

Fun Group or Family Talk Ideas

1. Share a time being mad felt like it kept you safe, but it really made you sad. What helped you let it go?
2. Act out the David and Saul story: Hide in a “cave” (under a blanket), pretend to cut a piece of robe, then choose kindness instead of fighting. How does it feel to be like David?
3. What's one way you can “destroy” mad strongholds this week (like not replaying hurts or praying for the person)?
4. Talk about: “Forgiving isn't saying it was okay — it's letting God take care of it so your heart stays happy.” Have you tried this? How did it go?
5. As a family/group, make a “Mercy Chain”: Write kind acts or forgiveness prayers on paper strips and link them into a chain to hang up. Add one each day this week!