

**Hold up water bottle (with 3TBSP water) and say:** You see this bottle right here it represents your heart. Now we're going to see what happens when you have unforgiveness in your heart.

**Say:** Let's say that someone calls you mean names now that would hurt my feelings so I'm sure it would hurt you too and you get upset and hold that in your heart. (Pour in 3 TBSP yellow water)

**Say:** And now they start to say even meaner things and now you are mad and holding that in your heart (pour in 3 TBSP red water)

**Say:** And now this person is really picking on you and now you're angry and holding that in your heart (pour in 3TBSP green water)

**Say:** Now do you see what your heart looks like holding all that hurt and unforgiveness? Dirty and Dark. But Let's see what happens when we ask Jesus to come into our heart and help us to forgive those who hurt us

**Hold up a balloon and say:** This balloon represents Jesus **blow it up** and place it over the top of the bottle pinching the bottom so air doesn't come out

**Say:** Now let's see what happens when we allow Jesus to come in and help us to forgive people **Release air and say** when we allow forgiveness to come in it cleanses our hearts of all that hurt and anger.