

Repentance — Day 1



🎵 Listen to
Scripture Song:



Today's Promise (#6) — KJV

2 Chronicles 7:14 "If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land."

❤️ Apply the Promise!

When we do something wrong, God asks us to be humble and pray. If we stop doing the bad thing and turn back to Him, He promised to hear us, forgive us, and fix the things that were broken!

📖 Bible Story (Jonah 3)

God gave Jonah an important message. He told Jonah to go to Nineveh, a great city where many people were doing wicked things. Their choices were hurting others, and God wanted to warn them before it was too late.

Jonah walked through the city and cried out, "Yet forty days, and Nineveh shall be overthrown!" The message was serious, but something amazing happened. The people did not laugh at God's warning or push it away. They believed God.

Homes, streets, and even the king's palace were filled with serious hearts. People who had once ignored God's ways were now stopping to think about their sins. They knew they needed mercy.

All across the city, people began to feel sorry for their sins. When the king heard Jonah's message, he got up from his throne, took off his royal robe, and put on rough clothing to show that he was humble before God. Then he sent a command through the city. Everyone was to cry mightily to God and turn away from evil.

The people of Nineveh did more than say they were sorry. They stopped doing the wicked things they had been doing. Their repentance was real because it changed their actions.

God saw that the people turned from their evil way. He had mercy on them and did not destroy the city.

Nineveh's story reminds us that repentance means turning around. When we are truly sorry for sin, we come to God, confess what is wrong, and let Him help us walk a new way.

☀️ True Story

In the summer of 1920, an athlete named Hal Haig Prieste went to the Olympic Games in Belgium. One night, Hal thought it would be funny to play a prank. He climbed up a tall flagpole, untied the official Olympic flag, and stole it. He folded the flag, hid it in the bottom of his suitcase, and took it all the way home to America.

For almost eighty years, the Olympic committee had no idea what happened to their beautiful flag. Nobody ever caught Hal. He completely got away with it.

But Hal learned that you can never truly hide from your own conscience. As the years went by, the secret stayed hidden in his suitcase, but it felt incredibly heavy on his heart. He knew that stealing the flag was wrong, and keeping it hidden did not bring him any peace.

When Hal was one hundred and three years old, his conscience finally convinced him to show true repentance. He traveled all the way to the next Olympic games in Australia. He did not make excuses for his bad behavior. Instead, he stood in front of the entire world, confessed to his secret sin from eighty years ago, and pulled the original flag out of his suitcase to give it back! Handing over that old cloth finally lifted the heavy weight off his shoulders. He proved it is never too late to do the right thing.

Hal's story reminds us that repentance means more than feeling sorry in our hearts. When we have done wrong, God wants us to confess the truth and make things right whenever we can.

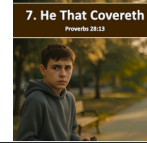
💬 Discussion Questions:

- What did the king of Nineveh take off to show God he was truly sorry?
- How long did Hal hide the Olympic flag?
- 2 Chronicles 7:14 says we should turn from our wicked ways. What is one choice you can stop making today to do a "U-turn" toward God?

🎬 Activity:

Line the children up at one end of the room and have them start walking slowly toward a "danger zone" (you can mark this with a red towel or tape on the floor). Every time you shout "Repent!", the children must immediately stop, do a complete U-turn, and run back toward the "Safe Zone" where you are standing with open arms. Explain that repentance is realizing we are heading the wrong way and choosing to run back to God!

Repentance — Day 2



7. He That Covereth
Proverbs 28:13

 Listen to
Scripture Song:



Today's Promise (#7) — KJV

Proverbs 28:13 "He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy."

Apply the Promise!

Trying to hide your mistakes never works out well. But when you tell the truth and choose to stop doing the wrong thing, God promises to show you His wonderful mercy!

Bible Story (Joshua 7)

After God helped the Israelites win the battle of Jericho, He gave them a clear command. They were not to take the treasures of the city for themselves. Everything belonged to the Lord.

But a man named Achan saw a beautiful robe, silver, and gold. He wanted them so badly that he took them and hid them in the ground inside his tent. He thought no one would know. But sin hidden from people is never hidden from God.

Later, the Israelites went to fight a small city called Ai, but they lost the battle. Joshua was heartbroken. He fell on his face before the Lord and asked why this had happened. God told Joshua that someone in the camp had disobeyed and hidden sin.

Joshua gathered the people together. One by one, the tribes and families came forward until Achan was chosen. Achan knew he could not hide the truth any longer. He confessed and said, "Indeed I have sinned." Then he told Joshua exactly what he had taken and where he had hidden it.

Achan's secret sin had brought trouble to the whole camp. He had tried to bury his wrong choice in the dirt, but God had seen it all along. The hidden treasure had looked exciting for a moment, but it brought sorrow instead of happiness.

Achan's story warns us that hiding sin does not make it go away. God already knows the truth, and He wants us to be honest with Him. When we have done wrong, we should not cover it up. We should confess it, turn from it, and ask God for a clean heart.

True Story

Chuck Colson was a powerful man who worked in the White House for the President of the United States. He was smart, determined, and known for doing almost anything to help his side win. But during a serious scandal called Watergate, Chuck became involved in things that were dishonest and wrong.

At first, Chuck wanted to protect himself. He did not want to lose his important job or admit what he had done. But hiding the truth did not bring peace. The guilt in his heart grew heavier. No important position or public success could give him peace while he was hiding from the truth.

One night, a friend talked with Chuck about Jesus and God's forgiveness. Chuck sat in his car and began to cry. He saw that he needed more than a better reputation. He needed a changed heart. Chuck prayed and asked God for mercy.

Then Chuck made a difficult choice. He stopped trying to cover up his wrong choices. He went to court and told the judge the absolute truth. Being honest did not make all the consequences disappear. Chuck still went to prison. But God used even that hard place to change his life.

While Chuck was in prison, he saw many other men who needed hope and forgiveness too. Later, he started a ministry to help prisoners and their families know the love of Jesus.

Chuck Colson's story reminds us that confession can be hard, but hiding sin is heavier. When we stop covering up our wrong choices and come honestly to God, He is ready to forgive us, cleanse us, and give us a new beginning.

Discussion Questions:

- What did Achan dig a deep hole inside his tent to hide?
- What was Chuck Colson's job before he went to prison?
- According to Proverbs 28:13, what two things must we do to find mercy?

Activity:

Give each child a piece of paper and have them draw or write a "mistake" they want to forsake. Then, have them crumple the paper into a ball and throw it into a trash can. Explain that when we confess and walk away from our sins, God removes them completely. Celebrate together as the "sins" are thrown away and forgotten!

Repentance — Day 3



🎵 Listen to
Scripture Song:



Today's Promise (#8) — KJV

Isaiah 55:7 "Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the Lord, and he will have mercy upon him; and to our God, for he will abundantly pardon." **Romans 2:4** "... the goodness of God leadeth thee to repentance?" **Acts 5:31** "[He will] give repentance to Israel, and forgiveness of sins." **Ezekiel 33:11** "...turn ye, turn ye from your evil ways; for why will ye die..." **Jeremiah 3:13** "Only acknowledge thine iniquity, that thou hast transgressed against the Lord thy God..."

💖 Apply the Promise!

God's amazing kindness is like a warm light that makes us want to stop doing wrong and run back into His forgiving arms.

📖 Bible Story (2 Chronicles 33)

Manasseh became king of Judah when he was just twelve years old. Even though his father loved God, Manasseh chose a very dark path. He built altars for false gods right inside the Lord's holy temple and encouraged the people to do terrible things. He refused to listen when God sent prophets to warn him to stop.

Eventually, the king of Assyria attacked Jerusalem and captured Manasseh. Soldiers bound the king with heavy bronze chains and took him far away to a cold, dark prison in Babylon.

Sitting all alone in the quiet prison, far from his royal palace, Manasseh finally stopped being proud. He remembered the loving God of his father. The Bible says he humbled himself greatly and prayed out loud in the dark.

Manasseh did not just feel sorry because he got caught; he realized how much he had hurt the God who had been so good to his family. Even though Manasseh had made terrible choices, God's goodness was bigger than his sin. God heard his humble prayer, forgave him, and brought Manasseh back to Jerusalem, making him king again!

Manasseh spent the rest of his life tearing down the false idols and telling everyone to serve the true God. He finished his days knowing that the Lord is truly a God of beautiful second chances. Manasseh's story shows us that no one has wandered too far for God's kindness to reach them. When we see how much God wants to forgive us, it makes us want to leave our bad ways behind.

☀️ True Story

Nicky Cruz was an angry teenager who lived in New York City. He led a tough gang that got into many fights. Nicky had a hard heart and did not seem to care if he hurt other people.

One day, a preacher named David Wilkerson walked right up to Nicky on the street. Nicky was mean to him and threatened to hurt him. But David did not run away in fear. He looked at Nicky and said, "You could cut me into a thousand pieces, and every piece would still say that Jesus loves you." Those words startled Nicky. He had never heard about that kind of love before.

A few days later, Nicky and his friends carried their hidden weapons into a church meeting where David was preaching. They planned to cause trouble. But as Nicky sat in the back, he began to listen while David talked about how Jesus had died for sinners.

Suddenly, Nicky started to cry. For the first time, he felt truly sorry for the wrong things he had done. He was not just sorry because he might get in trouble. He saw how much his choices had hurt others and grieved God's heart.

Nicky walked to the front of the room. He told God he was tired of his wicked ways and wanted to change. He turned his life completely around, leaving his gang and his weapons behind. When Nicky felt God's amazing forgiveness, it made him want to spend the rest of his life helping other people.

Nicky's story proves that God's goodness is like a warm light. When we realize how much He loves us, it makes us want to turn back to Him.

💬 Discussion Questions:

- How did God react when Manasseh humbled himself and prayed in the prison?
- What did the preacher tell Nicky on the street?
- Romans 2:4 says God's goodness leads us to repentance. Can you think of a time when someone's kindness made you want to be a better person?

🎨 Activity:

Give each child a small, cold stone. Talk about how our hearts can feel cold when we are being proud. Have everyone rub the stone between their hands as fast as they can! As the stones grow warm, explain that God's goodness is like that warmth—it melts away the "coldness" and makes us want to turn back to Him.

Repentance — Day 4



🎵 Listen to
Scripture Song:



Today's Promise (#9) — KJV

Joel 2:12–13 "... turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning: And rend your heart, and not your garments, and turn unto the Lord your God: for he is gracious and merciful, slow to anger, and of great kindness, and repenteth him of the evil."

💖 Apply the Promise!

God wants you to turn to Him with your whole heart. He is kind and slow to get angry, and He cares more about your heart being truly sorry than just looking sad on the outside.

📖 Bible Story (2 Kings 22)

Josiah was only eight years old when he became king of Judah. The people had forgotten God's Word for a long time, and the temple had completely fallen apart. When Josiah was a young man, he ordered workers to fix the temple. While cleaning, the High Priest found a dusty, old scroll. It was the Book of the Law!

He brought it to the palace and read it aloud. When Josiah heard God's words, he realized how far his nation had wandered from the truth. He was so upset by their choices that he tore his royal clothes in deep sadness.

But Josiah knew that tearing his clothes was only the beginning. He called the people together and read the Word of God to them. He made a solemn promise to follow the Lord with his whole heart. He did not just want to look sorry on the outside; he wanted his kingdom to change completely. He immediately began tearing down false idols and cleaning up the land. He traveled to different cities to make sure every single false idol was smashed into pieces. His hard work helped an entire nation find their way back to God's truth.

God saw Josiah's tender heart and his willingness to take real action. Because Josiah humbled himself and worked to fix the mistakes of the past, God promised to show him mercy. Josiah learned that true repentance starts with a soft, honest heart. He spent the rest of his life leading his people back to the gracious God who loved them, demonstrating that real repentance always leads to real, lasting change. His life teaches us that a repentant heart is always ready to do what is right.

☀️ True Story

In the summer of 2019, a young girl named Karina was visiting the beautiful Great Smoky Mountains National Park. She loved splashing around the streams and waterfalls.

While exploring, Karina found something very special: a perfectly heart-shaped rock. She thought it would make a wonderful souvenir, so she slipped it into her pocket and took it all the way home.

But once she got home, her own heart started to feel heavy. She knew the park rules: everything in nature is supposed to stay exactly where it is so the animals have safe homes. Taking the rock was a mistake. Karina could have just hidden the rock in her closet. She could have just whispered, "Oops, I'm sorry" to herself.

But Karina knew a secret about true repentance. Repentance means turning around and doing the hard work to make things right! Karina packed the heart-shaped rock into a box. She wrote an honest letter to the park rangers that said, "I took a rock. I'm sorry, and I want to return it." She even included a drawing of the waterfall and some of her own money as a donation!

The park rangers were so amazed by her honesty that they hiked back to the waterfall and put her rock exactly where it belonged. They were so touched they wrote Karina a letter thanking her for protecting nature. She felt a huge wave of peace knowing her mistake was fixed. Karina proved that true repentance is not just feeling sad about a mistake; it is taking action to put things back exactly how they should be!

💬 Discussion Questions:

- Why did King Josiah tear his clothes when he heard the Book of the Law?
- What did Karina pack into a box and mail all the way back to the park rangers?
- Joel 2:13 says God is "slow to anger." How does that make you feel about telling Him the truth when you make a mistake?

🎨 Activity:

Give each child a dry, crusty sponge. Explain that when we are proud or hiding sin, our hearts feel hard like the sponge. Place the sponges in a bowl of warm water labeled "God's Mercy." As the sponges soak up the water and become soft and flexible, explain that repentance softens our hearts. Have the children squeeze the water out and use the soft sponge to "clean" a nearby surface, showing how a repented heart is ready to be used by God for good things.

Repentance — Day 5



10. If We Confess
1 John 1:9

🎵 Listen to
Scripture Song:



Today's Promise (#10) — KJV

1 John 1:9 "If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness."

💖 Apply the Promise!

When you tell God the truth about your mistakes, He keeps His promise to forgive you and wash your heart completely clean.

📖 Bible Story (Luke 19)

Zacchaeus was a wealthy man who worked as a tax collector in Jericho. Most people did not like him because he had spent years being dishonest. He took more money than he should have to make himself rich. Because of his bad choices, his heart felt heavy with the weight of his sins.

When Zacchaeus heard that Jesus was coming to town, he was desperate to see Him. He was too short to see over the crowd, so he climbed high into the branches of a sycamore tree. He probably thought he could hide in the leaves and just watch from a distance.

But Jesus knew exactly where Zacchaeus was hiding. Jesus stopped under the tree, looked right up at him, and called him by name! He told Zacchaeus to come down because He wanted to stay at his house.

The people in the crowd complained, wondering why Jesus would want to be friends with a dishonest man. But Jesus' kindness moved Zacchaeus to make a major change. He scrambled down from the tree and stood before the Lord.

Zacchaeus proved his repentance with real action. He promised to give half of everything he owned to the poor. He also promised that if he had cheated anyone, he would pay them back four times as much! He no longer cared about keeping all his wealth. Instead, he found true happiness in sharing God's love with everyone around him. Zacchaeus learned that when we honestly confess our sins and choose to make things right, God washes our hearts completely clean.

☀️ True Story

In 2018, a young boy was riding his bicycle down a busy street. As he pedaled past a row of parked cars, he suddenly lost his balance. The metal handlebars of his bicycle scraped loudly against the door of a shiny, expensive car. He left a long, deep scratch right in the paint.

The boy looked around. The street was empty, and the owner of the car was nowhere in sight. He easily could have jumped back on his bicycle, pedaled away, and kept the accident a secret forever.

But the boy knew that hiding his mistake was wrong. His conscience felt heavy, and he wanted to show true repentance. He ran straight home and grabbed his favorite piggy bank. He shook out every single coin he had saved!

He wrote a very honest note to the owner of the car. He confessed that he was the one who scratched the door, said he was incredibly sorry, and left all his piggy bank money to help pay for the damage.

When the owner returned to his parked car, he read the handwritten note. He was so amazed by the young boy's honest confession that he was not even angry! The owner forgave the boy completely and refused to take his money. The boy smiled, feeling a heavy weight lift off his young shoulders. He safely rode his bicycle home with a joyful, clean heart.

This young boy's true story reminds us that when we honestly confess our mistakes and try to make things right, we can find wonderful forgiveness.

💬 Discussion Questions:

- Why did Zacchaeus climb the sycamore tree when Jesus was coming?
- What did the boy on the bicycle leave on the parked car to help pay for the scratch?
- 1 John 1:9 says God is faithful to forgive us. How does it feel inside your heart when you tell the truth about a mistake and someone forgives you?

🎬 Activity:

Give simple scenarios like "You broke something" or "You hurt someone." Let children act out what they would do next. First, show the wrong response (hiding it), then the right response—admitting it, saying sorry, and making it right. Talk about it: 1 John 1:9 says when we confess, God forgives and cleans us. Repentance means not only saying sorry, but choosing to fix what we can, just like Zacchaeus did.