

**HOPE** SPACES

# FORGIVENESS

Instruction Sheet



# You will need

- Hand sanitizer – large bottle
- Table
- A3 instructions sheet
- A3 copy of the Bible passage

# Set up

- Place the hand sanitizer on the table
- Place the instruction card in clear view
- Place the A3 Bible passage in full view
- Place a chair in front of the table for those who can't stand

# Forgiveness

During the Covid-19 outbreak we have all focussed on washing our hands or using hand sanitizer to remove and kill the virus to keep clean and safe.

Take a squidge of hand sanitizer gel and, as you massage that into your hands, think about the things in your life you wish you could wash away, sanitize and be rid of, have a second chance at and start again. Things you would like to remove from your memory.

They may be things that you have had done to you, or things that you have done.

Bring them to God.

He can help you to wash clean and start again, helping you forgive those who have done wrong to you and forgiving you for the wrong you have done.

Read the story in Mark's Gospel of how Jesus made someone clean.

To find out more about how God forgives ask someone at this prayer space or read a copy of the life of Jesus written by a man called Mark.

[Download the poster to print and display](#)

# Clean up

A man with an infectious skin disease once approached Jesus and said, 'If you will, you can make me clean.' Mark, who recorded Jesus' life story described what happened next: 'Moved with pity, he [Jesus] stretched out his hand and touched him and said to him, "I will; be clean."'

The Bible book of Mark chapter 1 verses 40-41

[Download the clean up poster to print and display](#)