

Lesson 1 / March 8, 2026

We're Rescued!

By RLD Editorial Team

for use as
STEP 1 

Lesson 1**Focus:**

Jesus rescued us
from sin.

Lesson 1**Bible Basis:**

Luke 23:33–34;
Colossians 1:13–22

Lesson 1**Memory Verse:**

For he [God] has rescued us from the
dominion of darkness and brought us into
the kingdom of the Son he loves, in whom
we have redemption, the forgiveness of
sins. —Colossians 1:13–14

Students will watch and discuss a woman's offer of forgiveness for a crime committed against her.

Materials:

Internet access

You've seen the movies. You've heard the news. Human beings seem to be hardwired for revenge. When someone hurts us deeply, our first impulse might be to seek retribution. Let's see what happened last year when this cycle was turned upside down.

Share the following video with your students [3:05; start at 0:15; stop at 1:55]:

Woman forgives teen who attacked her on Capitol Hill | NBC4 Washington

<https://www.youtube.com/watch?v=QftyycOX3DE>

This woman chose to forgive the teen who attacked her outside her home.

➤ **Why would it be hard to forgive someone who attacked you, causing major injuries and lasting fear of a repeat event?** (Answers will vary. There would be a great deal of bitterness and resentment at first.)

➤ **Do you think it is in our nature to forgive others when they do something to hurt us? Explain your answer.** (Students will probably acknowledge that forgiveness isn't something that comes naturally.)

What would cause this woman to choose mercy instead of lashing out against the teens? Let's take a look in the Bible to see what this involves.

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

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STEP 4 

Lesson 1

Focus:

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Bible Basis:

Luke 23:33–34;
Colossians 1:13–22

Lesson 1

Memory Verse:

For he [God] has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins. —Colossians 1:13–14

Materials:

- White and black construction paper or cardstock (1 sheet of each per student)
- White chalk
- Black markers or pens
- Stapler (or double-sided tape)

If your class is meeting online, invite students to bring supplies with them to class.

Teens are acutely aware of the tug-of-war between right and wrong, good and evil, sin and redemption. The values of their culture often stand in contrast to the values of their churches and families.

Distribute supplies (or invite students to have supplies ready at home). Prompt them to use white chalk to write down words and phrases on the black paper that they associate with the sin and darkness in the world. These can be synonyms like *immorality*, *guilt*, *disobedience*, etc. or they can include personal transgressions like *lying*, *lust*, *pride*, and so forth.

Encourage them to share ideas with a partner or even look up synonyms on their smartphones. When students are finished filling this first sheet with words, discuss the following questions:

➤ **Most people are more comfortable writing down sins that plague other people rather than being honest with their own struggles. Why do we often think of sin that way?** (There is something about finger-pointing that makes us feel more comfortable. We are generally more self-righteous than we are self-aware.)

➤ **On the other hand, some people go to the other extreme, thinking of themselves as worthless and unlovable due to their mistakes. Why is this line of thinking equally dangerous?** (If Jesus really has paid the penalty for our sin, then we must trust that his mercy has truly redeemed us. We are not worthless or unlovable when we've been forgiven.)

Invite students to get their sheets of white paper (or inviting students to have supplies ready at home). **With a black marker or pen, write down all the ways that Jesus has covered the darkness of this world.** These will be a counterbalance to the previous list, including words like *forgiveness, mercy, sacrifice*, and so forth. When they are finished, students will staple or tape the white sheet over the black pieces of paper, covering the previous set of words.

When we see how merciful God is in light of our disobedience and mistakes, we are inspired to model that sort of grace with others. If we're honest with ourselves, we probably have some unforgiveness in our hearts against someone who has hurt us. One way we can be freed from this bitterness is to ask Jesus for a merciful spirit.

(Due to the chance of gossip and oversharing, it is probably unwise to have students share openly or write down names or situations that require forgiveness.) In the remaining class time, encourage students to spend some time alone in prayer. As they are reminded of people who have hurt them, prompt them to ask God for His spirit of mercy.

Close in prayer after challenging your students to resubmit these issues to God in prayer each time the unforgiveness tries to re-establish itself. Ask God for His spirit of mercy throughout the next week.

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