

# Throw Away Your Sins

**Need:** scrap paper, pencils, trashcan, 2 chairs

**Introduction:** When we do something wrong, we are sorry for what we have done. If we are truly sorry for our sins we ask God to forgive us. When God forgives us, he doesn't remember what we have done. He throws all our sins away when we ask for him to forgive us.

**Directions:** Discuss with the students sins that they have done in the past. Did they ask God to forgive them? How did they feel after they asked God to forgive them? Have the students write past sins down on the scrap paper or draw pictures of their sins if they cannot write and ball up each piece of paper when they are finished. Divide the class into 2 teams. Put a trashcan against a wall. Have students line up in two teams behind a chair (to keep them from getting too close to basket). Students then play Horse Basketball, but spells FORGIVE. The first team that spells FORGIVE wins.