

Psalms & Palms

February 14th (Ash Wednesday) marks the beginning of Lent; a time in which we are reminded of the ultimate act of forgiveness: when Jesus sacrifices his life for the forgiveness of OUR sins.

The book of Psalms is filled with musical and poetic retellings of this ultimate act of forgiveness. The

Psalms have been used throughout history to inspire all sorts of artwork, let it act as inspiration for your Psalms and Palms activity now!



Psalms about Forgiveness:

Psalm 86: 5-6

Psalm 130

Psalm 103: 1-5

Psalm 143

Psalms and Palms

Activity Instructions:

- Trace your hand
- Write on the palm WHY you should forgive someone
- Write on the fingers WAYS you can forgive someone
- Cut out and decorate

After you cut out and decorate, place on top of your own hand.

Repeat this prayer:

“Dear Merciful Lord,

Thank you for your gift of forgiveness. Your only Son loved me enough to come to earth and experience the worst pain imaginable so I could be forgiven. Your mercy flows.

Help me to share in that forgiveness.”

Amen.