BLOW up a balloon. Using a permanent marker, WRITE a few words on the balloon about a hurtful time you still remember. Maybe you still hold a grudge. Talking it out can help you let go. ASK God for help in knowing how to share your hurt. Then POP your grudge balloon.

Write a short explanation of the hurtful event. What made it so hurtful? What is the hardest thing about letting go of your grudge?