Lesson Plans are designed to accompany the related Helps documents for each Step. Please refer to the resources in the appropriate Helps document found in the Leader Pages while you prepare your lesson.

The six “F”s are presented in a suggested order, but you are not required to complete them in that order. You may rearrange them as fits your troop’s particular needs.

Necessary Resources

- None
Red Light, Green Light
Select one Trailmen to be the “Stop Light.” Ask him to stand at the finish line of the playing field. The other Trailmen stand at the starting line and wait for the “Stop Light” to turn his back and yell, “Green Light!” The other Trailmen move toward the finish line until the “Stop Light” calls “Red Light!” and turns around quickly. Any of the Trailmen who were caught moving must go back to the starting line. Play continues until a Trailmen reaches the “Stop Light” and tags him. That Trailmen becomes the “Stop Light” for the next round.
FOCUS

What is Repentance?
To repent means to turn away from something you did before. As Christians, we use the term to mean turning away from sin and turning to God. Have you repented of sin before? If any of the boys want to share a time that they had done something wrong and repented of it, let them, but do not push anyone to share.

Biblical Figures
People in the Bible repented a lot because they sinned a lot. Tell a story about someone in the Bible who repented of a sin they committed. Some examples are in the Helps document. If any of the boys want to share a time that they had done something wrong and repented of it, let them, but do not push anyone to share.

Repenting
If you do something wrong to someone else, it is your job to repent. Even if the person you wronged is still mad at you and doesn’t forgive you, you still need to repent. They might forgive you eventually, but that is not up to you to decide. All you can do is ask forgiveness and really mean it. If any of the boys want to share a time that they had done something wrong and repented of it, let them, but do not push anyone to share.
Apologizing and Forgiving
When we sin, God is not happy. He doesn’t want us to sin. He will forgive us, though, when we repent of the sin. If we know something we did was wrong, we need to apologize and ask forgiveness from the person we wronged. Have the boys practice apologizing and forgiving each other.

Praying for Repentance
Show the boys how to ask forgiveness from God. How should they pray? Let the boys practice repenting to God. Give them time to pray and repent. Allow the boys to ask questions about prayer.

Act Out a Story
Select a story about someone from the Bible who repented. Assign certain characters to the boys and have them act out the story and the repentance. What comes with repentance?

*Use your judgement as a leader as to what story you select and who you assign certain characters to.
FAITH (TRAIL GUIDE THOUGHTS)

Forgiving
Read Proverbs 28:13. What does this verse say about repentance? Talk about forgiving sins.

Pray with the Trailmen.

Jesus Paid the Price
Read Luke 5:32. Jesus paid our price of sin, so when we sin, we should repent.

Pray with the Trailmen.

Repent
Read Matthew 4:17. God calls everyone to repent so that they can go to heaven.

Pray with the Trailmen.
Repentance Discussion
Talk with your family about repentance. Is there anything that you should repent to your family about? Is there anything that you should repent to God about?
FOREST BADGE

By actively participating in this meeting, each Trailman earned the Repentance Step on the Values Branch.

*Note: It is up to the Trail Guide to determine whether or not a Trailman was an active in the meeting. Even if he attended the meeting, you are not required to award him the Step if he did not participate.

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