

## THE CHAMPION

What is the hardest thing to do? Liz competes in the TV reality show The Champion and finds out what needs great strength.

### Let's Get Started

**Episode Theme:** Forgiveness takes strength.

1. [Colossians 3:13](#) says, “. . .forgive anyone who does you wrong, just as Christ has forgiven you.” How have you “done Christ wrong”? What have you done that Christ needs to forgive you for?
2. On Paul’s first missionary journey, he took along Barnabas and John. In [Acts 13:13](#) they were in the city of Pamphylia, and John decided to go home. When Paul set out on his second journey, Barnabas wanted to bring John along again. Paul said no. He was upset that John had left during the first trip ([Acts 15:38](#)). It was probably hard for Paul to forgive him because John had let him down. It took a while, but Paul did forgive him eventually. Near the end of his life, Paul wrote to Timothy, “. . . Mark (John’s other name) can be very helpful to me, so please find him and bring him with you.” ([2 Timothy 4:11](#)). Think about what it means to really forgive someone as you listen to today’s episode.

### Memory Verse

“Put up with each other, and forgive anyone who does you wrong, just as Christ has forgiven you.”

**Colossians 3:13**

### After You Listen

In this episode, Liz does everything he can to win a contest with his friends — even cheating. When he loses, he has to learn a lesson on forgiveness.

It’s a lot easier to say that you forgive someone than to actually do it. If you “forgive” a friend but keep reminding them about what they did, that’s not forgiving. If you forgive and feel proud of yourself for being so kind, that’s not forgiving. Our model for forgiveness should be God. When we trust that Christ died for our sins and rose again, God forgives us completely and forever. In fact, after he forgives us, he doesn’t even see our sin anymore! [2 Corinthians 5:21](#) says that when God looks at us, he sees us as being as righteous as Jesus Christ! Praise God!

### Challenge

Make a bookmark. On one side, write the word "Forgiven." On the other side, Write the word "Forgive." Decorate it to reflect how thankful you are to have your sins forgiven. Keep it in your Bible to remind you to forgive others as well.

### Take the Episode Quiz

**Question 1:** What is the game show host's name?

**Answer:** Jeff Newt.

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**Question 2:** Where was the game played?

**Answer:** In Granny Gecko's backyard.

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**Question 3:** Why did Liz get angry with Scooter?

**Answer:** Scooter voted him out of the game.

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**Question 4:** Who was the first one voted out?

**Answer:** Lucille.

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**Question 5:** Who won?

**Answer:** Scooter.

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<https://kidscorner.net/liz-and-friends/episodes/the-champion>

*Printed on June 29, 2022*