

DROP THE STONE

Mercy Mission Workbook





MISSION 1

Stone Inventory

A “stone” in this workbook is a picture for a heavy response you may carry - anger, a grudge, jealousy, blame, revenge, embarrassment, or another desire to make someone pay.

Naming the feeling is not the same as obeying it. We can notice what is heavy and choose a wiser next step.

My stone:

What happened?



MISSION 2

Heart Mirror

Before pointing outward, look inward. This does not mean taking blame for someone else's harmful choice. It means honestly checking your own motives, words, and actions.

Ask: What belongs to me to confess, apologize for, repair, or change?

What part belongs to me?

What do I need to confess, apologize for, or change?



MISSION 3

Mercy Move

Mercy is not the same as ignoring. Choose a next step that is both kind and truthful. Forgiveness can live beside repair, consequences, a boundary, or trusted-adult help.

A merciful response refuses revenge without erasing truth.

I can forgive by...

I can tell the truth gently by...

If I need a boundary or adult help, I can...



MISSION 4

Repair Plan

Sometimes the next right step includes making something right. Think about what was damaged - feelings, trust, an object, a promise, or a relationship - and what repair is actually possible.

Repair is not punishment. It is a concrete way to take responsibility and rebuild what can be rebuilt.

What was damaged?

What repair could help?

Who needs to be part of the conversation?



MISSION 5

Scenario Lab

Try three cases: 1) A friend apologizes for an unkind joke. 2) A sibling lies about breaking your toy. 3) Someone repeatedly bullies you after being told to stop. For each case, identify mercy, truth, and the wise next step.

In repeated bullying or unsafe behavior, mercy never means keeping it secret. Tell a trusted adult.

Case 1 - mercy + truth + next step:

Case 2 - mercy + truth + next step:

Case 3 - mercy + truth + next step:



INDEPENDENT MISSION

Final Mercy Mission

Complete one safe mercy mission this week. Choose a situation where you can practice truthful mercy without hiding harm or putting yourself in danger.

Small choices matter: honest words, apologies, repair, forgiveness, wise boundaries, and asking for help can all be part of mercy.

The situation I chose:

The merciful next step:

What happened afterward?



MEMORY + PRAYER

Carry the Truth With You

"Be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you." - Ephesians 4:32 KJV

Read it slowly. Copy one phrase. Then ask God for wisdom to practice mercy and truth together.

Copy a phrase you want to remember:

A short prayer for wisdom and mercy: