



# LIFE APP

WHAT GOD IS DOING IN YOU  
TO CHANGE THE WORLD  
AROUND YOU

**BOTTOM LINE:** Love others because God loves you.

Read Proverbs 17:17

DAY 1

## A Friend Who Loves

With the help of an adult, look up this week's Bible verse: **Proverbs 17:17**. After reading the verse together, read the two scenarios below and decide which one is showing love to a friend and which one is not. Draw a picture of the one that is showing you being a loving friend!

1. Your friend's grandparents moved away yesterday and he was super sad. You made him a card to help him feel better.
2. Your friend's grandparents moved away yesterday and he was super sad. You told him to stop crying and walked away.

LOOK for ways to be loving to friends who are having a hard day.

DAY 2

## Heart Racing for Love

We use our hearts to feel love, so let's work out our love muscle to make it stronger so we can carry more love!

Turn on some tunes and get that heart pumping! To add even more fun, grab some friends and family to exercise with you!

**What to do:**

- 10 Jumping Jacks
- 5 Sit Ups
- Run in place for 30-seconds
- Skip around your house and give everyone you love a high five

Do this as many times as you would like!

If you cannot physically exercise, talk with your adult about how loving people can make you and your friends feel happier and stronger in your heart!

**THANK** God for giving you the ability to love others with all your heart!

DAY 3

## Wear Love

Let's make some wearable love bracelets. Grab paper, scissors, crayons or markers, and some tape. Cut a few strips of paper lengthwise, thick enough to write on. After you have cut your strips write: "Love others because God loves me!" and decorate your bracelet any way you'd like. When you are finished, tape it to wear around your wrist to remind yourself to love others like God loves you!

LOOK for ways that you can show love to your family and friends this week!

DAY 4

## Praying for L-O-V-E

Pray the word "Love" and have each letter guide you to pray for something that starts with that letter. Pray something like this:

"Dear God,  
I pray that You can show me how to love the people that are a **little** different than me. Show me how to love **others** around me that need help. God, help me to be **very** kind to those who are hard for me to love. And God, help me love **everyone** like You love me. I love You, God, amen"

**ASK** God to help you to love everyone like He did.

A friend loves  
at all times

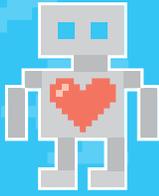


BRING THIS  
BACK NEXT  
WEEK!

\_\_\_\_\_  
Name

\_\_\_\_\_  
Parent Signature

## LIFE APP



WHAT GOD IS DOING IN YOU  
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BOTTOM LINE: Choose joy no matter what's going on.

Read Romans 15:13

DAY  
1

## Joy Filled Face

Grab something to draw with and a paper plate! If you don't have a paper plate, cut a large circle out of some paper. On your plate, draw the best happy face that you can. Use that plate as an adult reads the statements below aloud to you. If it is something that would bring you joy, put your happy plate over your face and say "yay!" if it doesn't bring you joy say "boo!"

- You get chosen to be the line leader for the whole day at school.
- Your friend in the neighborhood invites you over for a pool party.
- You yelled at your sibling and was told you need a time out.
- You get to choose where your family gets dessert tonight.

LOOK for ways to find joy in the big things as well at the small things.

DAY  
2

## Scrambled Joy

Unscramble the words in the story below as we review this week's Bible story.

Peter and John told everyone they could about \_\_\_\_\_ . One day, Peter healed a man who  
(usJes) couldn't \_\_\_\_\_ ! The religious leaders weren't  
(alwk) \_\_\_\_\_ . But that didn't \_\_\_\_\_ Peter and John  
(apphy) \_\_\_\_\_ (tsop) from talking about Jesus. When the leaders found out they didn't stop talking, they threw Peter and his friends in \_\_\_\_\_ . But an  
(nopris) \_\_\_\_\_ appeared and opened the gates of the  
(gelan) prison and told them to keep telling others about Jesus! Many people became Christians because of Jesus' \_\_\_\_\_ work!  
(frnsieds)

KNOW that telling others about Jesus is the best way to spread joy!

DAY  
3

## Perfect Joy

Grab a Bible and look up this week's Bible verse in **Romans 15:13**. Read through the verse with help from an adult. After you have read through the verse, talk about what being filled with "perfect joy" would look like! Would it be trying to smile more or being kind to your siblings? How can you be more joy filled for the rest of this week?

ASK God to teach you how to be more filled with joy this week.

DAY  
4

## Pray for Joy

Take some time and ask God to help you be more joyful in what you say and do. Pray something like this:

"Dear God, sometimes having joy in every situation is hard. Please help me to see the good and find joy in the things that happen around me even when it might be hard to do. God, help me to spread joy to others. I love You, God, amen."

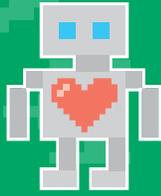


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# LIFE APP



WHAT GOD IS DOING IN YOU  
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**BOTTOM LINE:** You can have peace because God is in control. Read Matthew 6:26

DAY  
**1**

## God's Got You

This week we learned that God cares about the birds. They don't have to worry about anything. The best part is that He cares for you even more than He cares about the birds!

Grab some paper and something to write with and make a list of some things God does to take care of you! You can list things like: giving you food to eat, friends to play with, or clothes to wear.

Post this paper somewhere you can see it often this week to remind you that even when it feels like everything is going wrong, God is in control.

**KNOW** that God cares for you so much and will give you everything you need.

DAY  
**2**

## Birds of the Air

Grab a Bible and look up this week's Bible verse, and read it with an adult a few times. When you are finished, color the bird below with this week's bottom line written inside.



**LOOK** for ways that God is in control of your life.

DAY  
**3**

## Pass the Peace

Find someone in your home or neighborhood that you can "pass the peace" to. All you have to do to pass the peace is to find someone to pray with! Go now and ask someone to sit down and pray for peace with you. You can pray something like this:

"Dear God, I know that You care so much about me and that You will always take care of me. I pray for \_\_\_\_\_ (name of person you are praying for). I pray that they can also have peace in their heart when things get hard. God, allow us to always remember that You are in control no matter what happens. We love You, God, amen"

**THANK** God for people in your life that can help you remember to have peace.

DAY  
**4**

## Rock, Paper, Scissors, Peace

Grab some friends and play Rock, Paper, Scissors, Peace. You play this the same way that you would play rock, paper scissors, shoot. The difference is, whoever wins has to tell a way that they can see God being in control of something good that happened to them. For example: The sun was shining today or I made a new friend in the neighborhood.

**ASK** God to help you see all the times that He has cared for you this week.

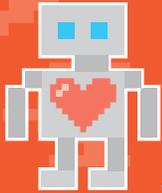


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# LIFE APP



WHAT GOD IS DOING IN YOU  
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**BOTTOM LINE:** When you need to wait, ask God for patience. Read Ephesians 4:2

DAY  
**1**

## Waiting on a Snack

With the help of an adult, grab your best, most favorite snack. Sit down at the table, put it in front of you, **and don't touch it!** Have an adult set a timer for one minute and sit there while you exercise your patience on waiting for your favorite snack. After the minute is up, feel free to devour your snack!

Did you make it? Was a minute long for you or did it go by quickly? How did having to wait make you feel?

**KNOW** that exercising patience will help us in our lives.

DAY  
**2**

## Patience Practice

When waiting is hard sometimes, giving ourselves a distraction can help the time pass. Take some time to think about some ways that can help make waiting easier. Some great ideas are: praying, singing a song, whistling, doing a little dance, or drawing a picture! Go ahead and practice those ideas!

What are some things you could add to your list of things to try when you need to be patient? Practice some of them now and see how you like them, then add them to your mental list of things to try!

**LOOK** for ways that you can practice your patience!

DAY  
**3**

## Patience Puzzle

With the help of an adult, look up this week's Bible verse, write it out across a piece of paper, and then cut the paper into different shapes like a puzzle. Mix up all your puzzle pieces and try to put them back together to reveal your verse. Remember, that it might take some patience to put your puzzle back together. Try using one of the patience helpers you practiced yesterday!

**ASK** God to help you treat others with patience, gentleness, and kindness.

DAY  
**4**

## Partners Praying Patiently

Find someone in your house that can pray with you. To practice patience, you are going to take turns praying together. You can alternate saying the prayer below.

**"Dear God, I thank You so much for teaching us about patience this week.**

**Help me learn to wait patiently for the things that I want.**

**I know that all I have to do is ask You for patience and You will give it to me.**

**Thank You for giving me the patience that I do have.**

**I love You, God, amen"**

**THANK** God for being there to ask for patience when you need it.

In the blank speech bubble, write what you can do to practice patience.

You're going to have to be patient and wait until after dinner.

What can you do to help you wait?

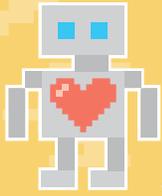


\_\_\_\_\_ Name

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# LIFE APP



WHAT GOD IS DOING IN YOU  
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**BOTTOM LINE:** Be kind to everyone.

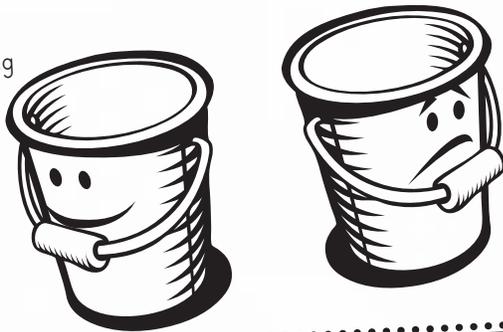
Read Luke 6:31



## Be a Bucket Filler

Being a bucket filler means filling up someone's heart by speaking kind words and showing them kindness. Below are two buckets: a happy face bucket and a sad face bucket. Sit down with someone else and take turns pointing at each bucket. If the happy face bucket is pointed to, talk about ways that you would fill up someone's bucket like complimenting them or sharing your favorite toy with them. If the sad face is pointed to, talk about things that would not fill up someone's bucket like saying mean words or not taking turns with a friend. What can you do today to fill up someone's bucket?

**KNOW** that choosing to be kind is a gift to everyone.



## Itty Bitty Bible Verse

With the help of an adult, look up and read this week's Bible verse: **Luke 6:31**. Grab some paper and something to write with. Now, write out the Bible verse as small as you can! Don't just write it once, write it as many times as you would like! Even try writing it in fancy handwriting or cursive. When you are finished, see if you can say the verse without looking!

**ASK** God to treat others the way you want to be treated.



## Random Acts of Kindness

Below is a list of random acts of kindness. Read through the list, and circle at least three that you can do this week to show some kindness. If you love filling someone's else's bucket, pick a few more!

1. Let a sibling go first.
2. Say "hello!" to a neighbor.
3. Play with someone new.
4. Give someone a flower.
5. Color a picture for someone.
6. Clean up without being asked.
7. Say "thank you."
8. Hold the door for someone.
9. Pick up trash without being asked.
10. Give a hug.

**LOOK** for ways that you can show kindness in action to others around you!



## Create a Prayer

Grab some paper and coloring supplies. Spend some time drawing a picture of your prayer to God. You can draw yourself being kind to someone who it is hard to be kind to or you can draw yourself doing one of your random acts of kindness.

**THANK** God for giving us an example of how to show kindness to everyone.



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