



DAY 5

Hopefully this week you've shown love to others in a way that was inspired by the love that God has shown you. Today you're going to make one more "Love List." This time, write out a few things that make you feel loved by others. Maybe you love spending time with friends, or perhaps you feel most loved when someone says nice things to you, or does something to help you.

Look at that list and circle one thing you can do today to show love to others—something that you would want others to do to you. And when you do, be sure and tell them why you're treating them the way you'd want to be treated: **BECAUSE JESUS LOVED YOU FIRST!**



Name _____
Parent Signature _____

DAY 1



Go to Studio252.tv and watch this week's episode of The So & So Show. (Click on Fun2Watch! then The So & So Show.)

Even if you already saw it at church, feel free to check it out again!

SO & SO TOP 3

After watching, write one thing that . . .

1) YOU LIKED: _____

2) YOU LEARNED: _____

3) YOU'D LIKE TO KNOW: _____

DAY 2

READ JOHN 15:12

Get a sheet of paper, and write out Jesus' command from John 15:12: *Love one another, just as I have loved you*, (NIRV).

Underneath that, list several ways that God has shown love to you. Then, next to each one, write a way you could show love in a similar way to someone else.

For example, you can't make a human like God made you, but you can make something for someone that you know they'd like. . . like, brownies or a cool piece of art.

And you won't have to give up your only Son to die for someone, but you can give up something you really care about to show love to someone . . .

Take a few minutes to make your two lists, and then place the paper somewhere you won't lose it. You're going to use your "Love List" all week.

DAY 3

Pull out the paper you used on day two with your two lists. Look at the list you made of ways you can show love. It probably looks pretty intimidating, doesn't it? Maybe you're wondering if you could ever be that selfless to show love to others as much as Jesus showed love to you.

The good news is you don't have to rely on your own strength to show love like Jesus. Jesus Himself wants to give you that power. Philippians 4:13 says, *'I can do all this by the power of Christ. He gives me strength,'* (NIRV). All you have to do is ask Him for help!

Read the list out loud and ask God to help you with each idea.

You can ask Him to help you know who in your life needs that act of love. You can ask Him to provide the opportunity for you to take that action this week. You can ask Him for the bravery, selflessness, and strength to follow through. Then, close your prayer by reading through the list of ways God has shown love to you, and thank Him for loving you so well!

DAY 4

Pull your Love List back out, and look over it. Which of the acts of love sound hardest to you?

Now, think of someone in your life who challenges you to follow Jesus more closely. Maybe you have a parent who lives out their faith in God by loving others well, or your Small Group Leader inspires you with the way they show God's love.

Sometime today, take a few minutes to talk (or text or email) with that person and share with them the act of love from your list that you're struggling to take on. Share with them the thing you're most nervous about, and ask them to pray for you to have the strength you need to complete that act of love. Ask them to check back in with you in a few days to make sure you've done it. Accountability can help you live out love!

WHAT KEEPS YOU FROM CONNECTING WITH OTHERS?



LOVE

CHOOSING TO TREAT OTHERS THE WAY YOU WANT TO BE TREATED



DAY 5

Have you ever thought about the fact that we all have the same 24 hours every day? Sure, we all have different commitments and different schedules, but the truth is, we do get to pick how we spend much of our time. And how we spend our time shows others what we value.

Do your friends and family know that you love them? Maybe you tell them that a lot, or give them hugs or fist pumps. But if you're not taking time out of your day to connect with them, talk with them, or find out what's going on in their lives, they may not be feeling quite as loved you as you think they are.

Pick a time of day when you can safely set an alarm to remind you to show love to others with your time. You can ask your smart devices at home to remind you, or set the alarm on your watch. When the alarm goes off, you can email a friend just some fun emojis and say "Miss you!" Or maybe you can walk to another room and check in with a family member and ask them if they need help with anything.

Then take the next step and make the alarm a recurring one, so it will go off every day until it's a habit for you to love others with your time.



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Name

Parent Signature

DAY 2

READ LUKE 10:38-42

As you read the verses again, circle the word that represents all that was distracting Martha from connecting with others, and specifically Jesus. You'll find this word four times. Write it here: _ _ _ _ _

There's something really cool about the fact that Jesus doesn't mention exactly what all those "things" were that were keeping Martha from spending time with others. Sometimes when things get too specific, it's easy for us to think, "Well, I'm not like that. I don't struggle with cleaning the house or baking bread instead of spending time with God or my friends." But Jesus doesn't get that specific here, so we can assume that anything that keeps us from showing love to others is a problem.

Whatever your "things" are that keep you from choosing the "better thing" that Jesus mentions (taking time to show love to others), the good news is that today is a new day in which you can choose "the better thing!"

DAY 4

Have you ever had a conversation with someone where you could tell they weren't really listening? Maybe they had their face buried in a phone or facing the TV, and they weren't even really pretending to listen. Or maybe they just generally seem disinterested. How does that make you feel? Probably not great, and not loved, right?

TODAY, instead of talking to everyone about your own life, ask them questions about theirs. Show others that you love them by finding out

DAY 3

Mary probably had as many things to do as Martha did but first she took time to sit at Jesus' feet and connect with Him, learn from Him, and listen to Him.

No matter what you have to do today, taking time to talk with God is time well spent. Have you ever felt overwhelmed by all you have to do? Here's a fun little secret: If you will take a couple of minutes to connect with God in prayer, you'll probably find that you'll be in much better shape to knock out that to-do list. When you connect with God, you'll find the strength, energy, peace, and patience you need to face whatever "things" you have to do.

Have you ever heard of the serenity prayer? It's a great prayer to pray even when you don't think you have time to pray. It reminds us that we're not in control of the day, but that God is. Write out the words to this prayer somewhere that you'll see it.

"God, grant me the serenity (peace) to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."

The next time you're either overwhelmed by all you have to do and feeling disconnected from God take a minute to talk to God and ask for peace, courage, and wisdom to choose the better "thing:" Love.

what is going on in their life. How you can pray for them? How can you help them? Don't talk so much—instead, let others talk to you. Then come back to this paper and write down three things you learned about others today by choosing to let them talk instead of always talking yourself.

WHEN IS IT HARD TO LOVE OTHERS?

DAY 5

Do you have that song that comes on the radio in the car or pops up on your device that drives you crazy? Maybe you liked it at first, but you've heard it too many times, or maybe it's been annoying from the very beginning to you.

Write the name of the song here: _____

Now, think about a song that you love, one that makes you smile, tap your foot or sing along. _____

Sometimes when we have to interact with certain people, it feels like that annoying song has come on, and the last thing we want to do is stick around and listen to it. One thing that can help is changing the station. When you find yourself getting annoyed or mad at someone, change the song in your head to something you love.

Think of that song you love that you wrote above as your "at bat" song. When baseball players come up to the plate, sometimes they play a fun song that the player likes. Every time you have to interact with the person you're struggling to love, play your happy "at bat" song—either actually play it out loud, or just sing it to yourself if you need to. Then pick one thing you can do in the moment that will show love to that person. And who knows maybe eventually you'll hear a different song playing in your head when you see them.



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LOVE

CHOOSING TO TREAT OTHERS THE WAY YOU WANT TO BE TREATED

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DAY 2

READ MATTHEW 5:43-47

As you read through Matthew 5:43-47, circle the people that Jesus talks about who you think are easy to love (you should have five circles).

Now, read back through it and underline the people that Jesus mentions who you think are harder to love (you should find at least five).

It's pretty easy to love your neighbors, good people, and people who love you, isn't it? But what about people who hurt you? Yep, Jesus said you're supposed to love them too.

There are always going to be people who see the world differently than you do. Or who are unkind or even mean. But even those people were made by God, and He loves them as much as He loves you. Thankfully, God can give you the power to love everyone, even your enemies.

DAY 3

Did you know one of the best ways to show love to your enemies is to pray for them? It also can change your heart toward that person—it's hard to stay mad at someone when you're always talking to God about them!

Make a list of people you find harder to love. If there's any chance one of them might see your list, just write initials. Then take a few minutes and pray for each one of them by name. Here are some things you might talk to God about:

- 1) **The reason you find it hard to love them (such as something mean they've done to you)**
- 2) **Ask God to help you love them**
- 3) **Thank God for something good about that person**
- 4) **Ask God to help you see even more good in that person**
- 5) **Ask God to help that person have a great day today**

Close your prayer by thanking God for loving you, even when you are the person who's hard to love.

DAY 4

Do you have someone in your life that you know you can trust to vent to? Like if you're having a bad day or someone is being mean to you, you can go to that person and tell them about it, and you know they'll help you feel better.

Today, talk to that trusted person about someone who you're having a hard time loving. But instead of talking about the things that make them hard to love, focus on the positive. Try to talk about the things that are

good about that person. And if you're still tempted to complain about how they treat you, instead, think about what might be causing them to act that way (e.g., they're going through something hard at home; they're failing a class, etc.).

End your conversation with your friend by saying a prayer for that "hard to love" person and remind each other that you can **love others because they matter to God.**

HOW CAN YOU SHOW LOVE TO GOD?



DAY 5

It doesn't take a lot of money to show love to God, but just like Mary sacrificed to show her love to God, it may require you to give something up to love God with everything you've got.

Match the actions you can take to show love to God with the sacrifice it might require.

- | | |
|--|--|
| Getting up early to read your Bible | You might get embarrassed |
| Making a wise choice | It might take longer to save up for a phone |
| Talking about how awesome God is | Losing a friend who is making bad choices |
| Leading others in prayer | You might lose some sleep or "fun time" |
| Singing songs of worship to God | It would take courage |
| Giving money to the church or someone in need | You might feel awkward |

The truth is, no matter how embarrassed you get or how much money you give away, none of it compares to the love God showed us when He sent Jesus. *Here is what love is. It is not that we loved God. It is that he loved us and sent his Son to give his life to pay for our sins.* (1 John 4:10, NIV) Jesus showed us the greatest act of love when He died on the cross for our sins, so loving God with everything we've got is a really cool way to show God just how thankful we are!



BRING THIS BACK NEXT WEEK!

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Parent Signature _____

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DAY 2

READ MARK 14:3-9

The people who were eating with Jesus that night were angry when they saw what Mary did with the perfume. They were mad because the perfume was ___ X ___ E ___ V ___. (See verse 3.)

But it was precisely because of the perfume's value that Jesus felt loved. In fact, He called what she did a B ___ U ___ F ___ thing. (See verse 6.)

What Mary poured on Jesus that night was the equivalent of her life's savings. In other words: everything she had. It seems as though she was really listening when Jesus told His followers what the most important thing is (see Luke 10:27): 'Love the Lord your God with all your _____ and with all your _____. Love him with all your _____ and with all your _____.'

You won't have the chance to pour expensive perfume on Jesus' feet, but you can still love God with everything you've got!

DAY 3

Spending time with God in prayer is a great way to show Him how much you love Him, and especially when you don't just ask Him for things, but you also take time to tell Him how amazing He is. The Psalmist wrote this in Psalm 150:2, *Praise him for his powerful acts. Praise him because he is greater than anything else, (NIRV).*

What is one cool thing God has done in your life lately?

What is something God has given you that you're grateful for?

What have you seen God do in someone's else life?

What is your favorite thing about God? (His patience, power, peace?)

What is your favorite part of God's creation?

Who are your favorite people God made?

Now read through the answers you wrote above as a prayer to God. (Like this: Dear God, thank You for _____, and for giving me _____. You are an amazing God, full of _____. Thank You for giving me friends and family like _____.)

DAY 4

It's one thing to tell God how awesome He is, but it's also really great when we tell others how wonderful He is too!

There are lots of ways you can share about God, and not all of them even require spoken words!

You could . . .

- **Perform a worship song at your music recital**
- **Paint your favorite part of God's creation (and maybe even include a scripture that talks about creation)**

- **Share with a friend about what God is doing in your life**
- **Offer to pray before your team plays**

Today, pick one of the ideas above or come up with your own way of showing love to God by telling others how great He is.