



TODAY'S TOPIC:
Love

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age, but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

What are some ways to show love to other people?

Lesson

| Materials | Things to Prepare | Today's Goal |
|--|---|---|
| <ul style="list-style-type: none"> Optional materials to write a love note or draw of love picture. Small glass or bowl Large glass or bowl able to hold the smaller one. | <ul style="list-style-type: none"> N/A | Know that love is good, love spreads easily to others, and God loves you. |

ASK: Where is your heart located in your body? **Have everyone actually point to their heart.** What is the purpose of your heart? (To supply blood to the rest of your body, to pump blood through your body, to keep you alive.)

ASK: Is love different than your heart? Heart supplies blood but love supplies good energy. This is one reason the heart shape is the symbol of love. **Have the everyone make the heart shape with their hands.**



ASK: How do you know if someone loves you? The feeling you get when you're with them, hugs, kisses, helping out or accepting their help, spending time together, they listen to you, they teach you things, hold hands, they tell you, they share with you, they encourage you.

SAY: Has anyone ever heard the word “contagious”? Love is contagious. That means it spreads easily. Love is the power of attraction. When you love others, that love multiplies and comes back to you. How can you show others love? You can show love in a smile, a pleasant way of speaking, a thoughtful act, or a hug. Be involved, be in service, volunteer.

ASK: Can you run out of love? No – love is limitless. It never ends. No matter how many people we love, there is always more love. Love is endless to receive and give.

ASK: Is love strong? Think of the most powerful thing you can. **Ask for suggestions.** (rocks, steel, superheroes) Love is stronger than all of them!

ASK: Does God love you? Yes! God always loves you no matter what. This is known as unconditional love. That means if you break a rule, do something wrong, make a mistake, you are still loved.

DEMONSTRATION: Bowl full of water and small glass placed in the bowl of water so that is filled and completely covered. The water is God. The glass is you. God is inside and outside of you. God is also love which means love is inside and outside and all around you and you can never be separated from it.

TRY: Practice some other ways to say “I love you.” Can do call and repeat and have all the kids practice the sign.



Ways to say I love you:

French: Je t’aime **Spanish:** Te quiero **Italian:** Ti amo

American Sign Language

AFFIRMATION: I love you. I love me. I love all. Repeat 4x

AFFIRMATION – I love you. I love me. I love all. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> . A video to support this lesson is available on our MHC Y+F Positive Family Spirituality YouTube channel https://www.youtube.com/channel/UCUc3XHlHB9TF4FENneYoO_Q . An audio conversation of this lesson appropriate for children can be found at <https://insighttimer.com/milehichurch>.

