

LOVE ONE ANOTHER

WEEK 6 | YOUTH

CHAT:

Here are some questions to get you thinking about loving others with our words.

How often do you pay attention to what you say?

Have you ever been hurt by someone's words?

Have you ever been helped and encouraged by someone's words?

Have you ever said something to someone that you regret?

How can you show love through your words this week?

PRAY:

Here is a prayer activity that you can do about loving others when it's difficult.

Think of a person, in your head, that you find difficult to love (e.g. a friend, family member, someone from church)

Set a time aside each day to pray for that person for one week (e.g. ask for God's blessing over their lives etc.)

Try and do this every day – set a reminder on your phone or leave something in your room that will remind you to stop and pray (choose whatever helps you to remember)

If you feel comfortable, you can drop the person a text, ask how they are doing or ask if there is anything they would value prayer for. If it's someone in your household, choose to spend time with them and ask how they are feeling.

As the week goes on, notice how praying for that person is changing your heart towards them. Think back to the first day when you started to pray and how you are feeling at the end of the week. Have you noticed a change?

Don't stop this after the first week...carry on! Maybe there is someone else in your life you can pray for too!

DO:

Choose one of the activities below to help you engage further with this week's theme of 'love one another'!

ACTIVITY 1

Get a piece of paper and colouring pens

Think of one person in your friendship group, family or a neighbour (it could be anyone) that you could show God's love to

Think of creative ways you can show love to those people, writing them down on the paper –and then DO IT! (e.g. sending them a letter, taking your time to call them and seeing how they are, make breakfast for your parents)

Get into a rhythm of showing kindness to others in your life; don't just do it as a stand-alone action but make it your lifestyle.

ACTIVITY 2

Find an empty jar or bottle in your house

Decorate it in your own way

You could name it by sticking a label or paper on it e.g. Random Acts of Kindness, Love in Action, Dare to Be Kind, etc.

Write down, on small pieces of paper, different ideas of how to be kind to others (e.g. help with a household chore, give a compliment for no reason, be a reason someone smiles today)

Place the pieces of paper in the jar

Every day (or every other day) pick one and decide to whom you are going to show kindness today.