



# Live It Out—Discover how to love like Jesus

## DAY 1

### Read Colossians 3:13

When someone hurts you or does something unkind, you could pay them back, choose to stay mad, or as Queen Elsa would say, you could “let it go!” That’s what the “put up with one another” part of this verse means.

If someone is consistently being unkind, you need to ask a trusted adult for help. But for the everyday mistakes people make, forgiveness is always the wise choice. Remember, God doesn’t hold your mess-ups against you. God is always willing to “let it go” when we mess up.

Check out the new lyrics to “Let It Go” below (you can even sing them if you want to). Then pray, thanking God for being willing to forgive you, always.

Let it go, let it go  
Can’t stay mad forevermore  
Let it go, let it go  
Forgive and open the door.  
I don’t care if it seems crazy  
Let it go and move on  
It wasn’t really worth it anyway.

## DAY 2

### Read Luke 17:3–4

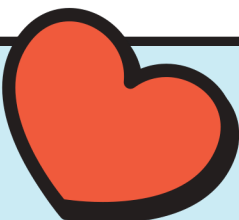
Count to seven on your hands. According to this verse, if someone does something hurtful or unkind seven times but asks for forgiveness each time, what should you do? Choose an answer below:

1. Tell them to get lost.
2. Bring up every other time they’ve messed up to make your point.
3. Say or do something unkind to get even.
4. Refuse to listen or forgive.
5. Tell them you don’t believe they’re sorry.
6. Ignore them.
7. Forgive, every single time.

Did you choose number seven? When someone messes up and asks you for forgiveness, it’s okay to tell them they were wrong and how it hurt. But what’s NOT okay is to refuse to forgive. As a Jesus follower who has already been forgiven, your job is to show that same love and forgiveness to others.

### Forgive

Cross out the first six answers above and write the word “FORGIVE” instead. Spend some time asking God to help you forgive as many times as you’re asked, knowing that when you forgive others, it can change them.





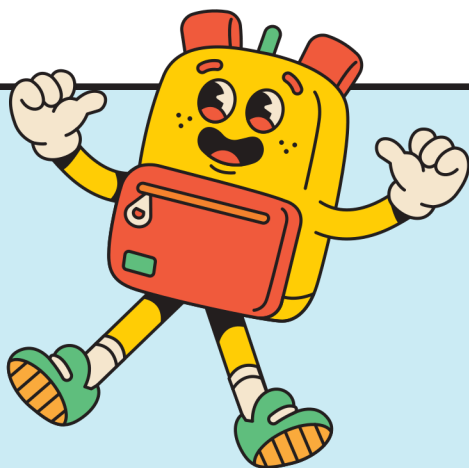
DAY 3

## Read Proverbs 17:9

Forgiveness is hard. Sometimes we'd rather be right and make a point. We want the other person to understand why we're hurt and to somehow guarantee they won't ever mess up and hurt us again. Since no one is perfect, eventually the people you spend time with will mess up and those mess-ups might really. . . well, when it comes to forgiveness, being right is **NEVER** more important than your friendship. Winning an argument isn't the goal, protecting the relationship is. If you keep bringing it up to make the other person feel bad, you'll never be close to that person. That's why it's **SO** important to take the first step to forgive.

### First-Step Forgiveness

Place a piece of paper on the floor, put your foot on the page, and trace around it to create a footprint. Inside your footprint outline, write, "Take the first step to forgive." As you hold up your footprint, ask God to help you forgive so that you can protect your relationships.



DAY 4

## Acts 10:43

Why is it hard to forgive? Think about the last time someone hurt you. How did you respond? Did you stay mad? Did you say something unkind back? Are you still mad?

Do you see the word 'all' in today's verse? It comes up twice. First, the writer talks about how all the prophets, (those chosen by God to deliver an important message) tell us about Jesus. And all who believe in Him will be forgiven.

'All' includes the kid you still haven't forgiven. 'All' includes your parents, your teachers, your favorite coach, and your grandparents. 'All' includes the kids no one talks to and the kids everyone wants to hang out with. 'All' includes you. God's forgiveness is **SO** big that it covers everything. Ask God to help you choose to forgive, because everyone needs forgiveness.



Forgive one another.



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## DAY 1

### Read 1 Timothy 2:1

**Are you thankful for your friends? Do they know that? What do you love most about them? Have you ever told them?**

**Good friends are really important. God gave you friends to celebrate the good times (like a birthday or scoring the winning goal) and the bad (like when your cat runs away, or you fail a test). There's something you can do anytime, anywhere to help your friends. No matter where you are, you can pray and talk to God about your friends.**

### Friendship Prayers

Is there something your friends need prayer for? This verse asks us to pray for others, to ask God to bless them and provide for them, and to thank God for them. Take a few minutes to list three friends on a piece of paper. Under each of their names, list one thing to pray for, one thing you're thankful for, and one thing you hope for each of them. Then use your list to pray for each of them.



## DAY 2

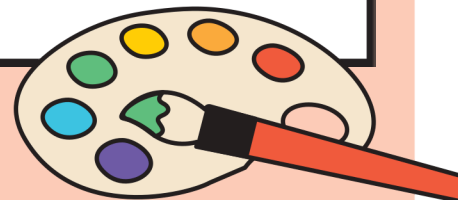
### Read Matthew 5:44

**What does the word 'enemy' mean? Write your definition below:**

**When you think about an enemy, probably the LAST thing you want to do is love them. When you think about an enemy, you probably want to get even. Jesus gives us a different set of commands. He tells us to love our enemies and to pray for those who hurt us. That seems pretty impossible, right? What if you flipped those two commands around? In the moment when you are hurt by someone else, what if you stopped and said a prayer? Maybe talking to God about it would be the key to choosing love over getting even. If Jesus tells us to love our enemies and pray for them, wouldn't He also give us the courage to do what He's asked us to do?**

### Pray First

Here's your challenge for the week. When someone hurts you and you REALLY want to hurt them back, stop and pray. Ask Jesus to help you choose love over getting even.



DAY 3

## Read I Thessalonians 5:17

How long can you...

Jog in place?

Stare at someone without laughing?

Sing "La, la, la...."?

Stand on one foot?

Even if you could jog in place or stare at someone without laughing longer than any other kid on your block, you couldn't do any of these things forever, right? You'd eventually have to stop. There are limits to what your body can do.

You might read today's verse and think, "Never stop praying?" How is that possible? Today's verse isn't asking us to pray continually every single minute of every day. Instead, this is a reminder to connect with God. We can talk to God anytime, anywhere, about anything—after all, God is always with us. God hears us and will answer us every single time.

Happy?

Frustrated?

Tired?

Excited?

Scared?

Surprised?

Anxious?

Pray continually, in every situation, without hesitation, because God hears and cares for you.

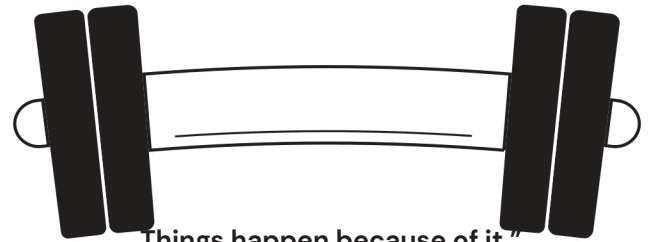
DAY 4

## Read James 5:16

Have you ever had someone say, "I'm praying for you"? How did it make you feel? It's nice to know someone else is concerned about you enough to pray and talk to God.

Do you pray for your friends? When you know they're sad or confused or anxious, what do you do? Did you know that praying for them could actually make a difference? Today's verse is a reminder that prayer is powerful—that things can happen when we pray! And while your prayers might not fix things the way you want them to be fixed, they WILL make a difference.

"The prayer of a godly person is

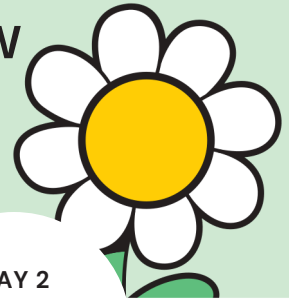


James 5:16

Inside the barbell below, write the word **POWERFUL** in big block letters.

Pray for one another.

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## DAY 1

### Read Philippians 2:4

Have you ever had to walk across an ice-covered parking lot? Were you careful to watch your steps, paying close attention so you wouldn't fall?

God wants us to pay close attention to something

too, but it's not our feet! God wants us to look out for

the good of others, to see how we can help,

and show

others they are important by putting them first. It

means taking the focus off of ourselves and can see clearly how

What we need some pipe cleaners, wiki sticks, or straws, and tape. Bend your supply and choice to create a pair of glasses that fit around your ears. Put them on your face and

read today's verse out loud. Then ask God to help you notice the people around you, so you can be a good friend by putting others first.

## DAY 2

### Read Galatians 6:2

One way we can live like Jesus is by choosing to care for our friends. Sometimes, our friends really need our encouragement. And one big way we can encourage our friends is by "carrying one another's heavy loads."

That doesn't mean you actually carry something around. It means that you think about them and pray for them. You can ask, "How are you feeling today?" and then listen to their answer. Or you might just sit with them and say, "I'm so sorry." You don't have to fix the problem. You just need to remind them that you are there to listen and to offer a hug. Because friends who live like Jesus care for one another. Can you think of a friend who is sad? What is ONE thing you can do this week to show that friend that you want to help carry their heavy load?

## Read I Thessalonians 5:11

**Good friends are good encouragers. To encourage means to cheer someone up or urge them on in with confidence. There are LOTS of ways you can encourage or build someone up with your words and your actions. Being an encourager is one big way to care for others and live like Jesus.**

### Jenga Of Encouragment

Grab a set of Jenga® blocks.\* Write the words of today's verse on some of the blocks and stack them up for play. Grab a friend and play the game. Remember, the goal of the game is to try NOT to knock the structure down. As you play, say some of the phrases below (or others that you come up with on your own) to encourage your friend.

"You've got this!"

"Way to go!"

"You can do it!"

"You are so awesome at this!"

"Wow! That was amazing!"

"Great job!"

\*If you don't have any Jenga® blocks, you can also grab some plastic cups and try to build a pyramid tower as high as you can before it falls.

## Read Proverbs 3:27

**Can you think of a time this week when someone helped you? What did they do? Were you surprised they stepped in to help? How did it make you feel?**

**Today's verse reminds us not to hold back when we can help. Living like Jesus and caring for others requires us to look for needs and then figure out a way we can help. The word 'good' in this verse isn't just about being nice or kind. The meaning here for 'good' is focused on meeting someone's needs in a real way.**

### Real Ways To Help

**Read the list of 'needs' below. Next to each one write down one way you could help.**

**Your friend can't find her favorite pencil. She's sure she had it on her desk.**

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**Your friend drops her bookbag and all her papers go flying!**

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**Your friend is stressed about a test.**

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Care for one another.



# Live It Out—Discover how to love like Jesus

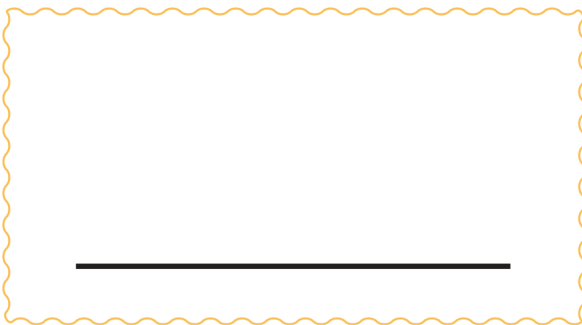
## DAY 1

### Read Matthew 28:16–20

Jesus' command to "go and make disciples" wasn't just to His followers back then. It's a command to those of us who choose to follow Him today. Jesus is counting on us to share His story so that the people around us can know Him too. You can show or teach others about what God is like by telling them about God, by following God every day, and by treating others the way you want to be treated.

#### Who Needs To Know?

Write down the name of a friend who you think may not know about Jesus. Pray for an opportunity to share what you know about Jesus this week.

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## DAY 2

### Read Romans 15:14

Who is your favorite teacher? Why is that person your favorite?

As a kid, you probably don't think about yourself as someone who has anything to teach someone else. But that's just not true! When it comes to following Jesus, you can share what you know and tell others about the difference He's made in your life. When you are filled with His goodness, you can share it with others.

#### Overflowing Goodness

Grab a small cup. Set the cup in the sink and turn on the water so that it flows SLOWLY. Watch the cup fill up and imagine the water as God's goodness. God is completely good and wants to pour goodness into you so that you can share it with others—just like the water spilling out of that cup. Pray and ask for God's goodness to pour out of you as you teach others about God.







DAY 3

### Read 2 Timothy 2:2

What are some things you know about Jesus? What has Jesus taught you? Set a timer for two minutes and write down as many things as you can.

From the list you've made, pick **ONE** thing to share with someone this week. For example, if you wrote that Jesus wants us to treat others the way we want to be treated, how could you **SHOW** that to someone else? Could you let your friend pick what you play during recess? Could you ask a friend about their day and then listen as they give their answer without interrupting?

There are friends all around you who need to hear the good news about Jesus and how much He loves them. **YOU** have the opportunity to share that good news and teach others about Jesus. Teaching others can be as simple as showing them they are loved by how you treat them.



Teach one another.



DAY 4

### Read Colossians 3:16

If you found a treasure chest full of gold and jewels in your backyard, wouldn't you want to tell everyone about it? Jesus is the most **PRICELESS** treasure ever, and you have the opportunity to tell others about Him! That doesn't mean you have to lead a Bible study or answer every question a friend might have about following Jesus. In fact, telling or teaching others about Jesus isn't just about talking. You can **SHOW** others you follow Jesus by how you live. When you live like Jesus, you choose to... Forgive one another. Pray for one another. Care for one another.

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#### Priceless Treasure

In the treasure chest below, draw the outline of several jewels and then color each one a vibrant color. Turn on some worship music as you work. Ask God to help you teach others about Jesus by forgiving, praying, and caring for others this week.

