

WEEK 1: Welcome – Getting Started with the Way of Love

Theme for May: Getting Started with the Way of Love

Anchor Idea for Everyone:

Jesus teaches us to love God with our whole selves—heart, mind, strength—and to love others as ourselves. (From Gospel of Mark 12:28–34)

	Ages 0–4	Ages 5–10	Ages 11–13	Ages 14–18	Adults
WELCOME (Big Idea)	“We can love God with all of us!” (heart, mind, body, breath)	Loving God means what we care about, think about, and do.	Love is more than a feeling—it shapes choices, identity, and relationships.	Love is the core of faith—what we believe shows up in how we live.	Loving God fully means aligning our whole life—attention, actions, identity—with love.
PLAY / PRACTICE (Interactive)	“All of Me” Body Game: touch heart, head, flex muscles, take a deep breath.	Heart–Mind–Strength Check-In: share one thing you loved, learned, and did.	Real-Life Love Challenge: do one hidden act of kindness this week.	Modern “Foot Washing”: do something humble (serve, help, clean, show up quietly).	Practice Awareness: pause during the day and ask, “Am I acting in love right now?”
LOVE IN ACTION	Share a toy, snack, or hug. “Loving God = loving people.”	Show love in one small way each day (help, include, encourage).	Show love without needing recognition or approval.	Take one action that costs you something (time, comfort, pride).	Choose one intentional act of love—especially toward someone difficult or overlooked.
BEING LOVED (Identity)	“God made me and loves me!”	“I am loved by God, and I can love others too.”	What does it mean to be made in God’s image? Do I believe I’m worthy of love?	How does my view of myself affect how I love others?	Where do I struggle to receive love—and how does that shape my life?

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JOURNAL / THINK	—	“What did I love, learn, and do today?”	“How do I treat myself? Is that how I treat others?”	“Where am I choosing comfort over love?”	“Where is love easy for me? Where is it challenging?”
DINNER TALK	“Who did you share with today?”	“What’s one way you showed love today?”	“What does loving people actually look like at school or online?”	“What’s the modern version of washing someone’s feet?”	“Where have we seen real love-in-action this week?”
PRAYER	Dear God, thank you for loving me. Help me love with all of me. Amen.	Dear God, help me love you with my heart, mind, and strength—and love others too. Amen.	God, shape my heart and help me choose love, even when it’s hard. Amen.	God, help me live in a way that reflects your love in real life. Amen.	Loving God, align my heart, mind, and actions with your love, so I may reflect it to others. Amen.

Optional Family Practice (All Ages Together):

Do a simple daily check-in:

- One thing you loved
- One thing you thought about or learned
- One thing you did