

Welcome to faith formation support as we learn to **Love Like Jesus**.

Theme for May: Getting Started with the Way of Love

SCRIPTURE:

The Greatest Commandment *Mark 12:28-34*

One of the teachers of the Law of Moses came up while Jesus and the Sadducees were arguing. When he heard Jesus give a good answer, he asked him, “What is the most important commandment?” Jesus answered, “The most important one says: ‘People of Israel, you have only one Lord and God. You must love him with all your heart, soul, mind, and strength.’ The second most important commandment says: ‘Love others as much as you love yourself.’ No other commandment is more important than these.”

Summary: Someone asked Jesus, "What's the most important commandment?" Jesus answered, "Love God with all your heart, soul, mind, and strength. And love your neighbor as yourself."

FOR YOUNG CHILDREN (ages 1-4)

The Big Idea: Loving God means loving with everything we have: our hearts, our thoughts, our energy, and our whole bodies!

You might say: “Jesus says we can love God with everything inside us—and we can show that love by how we live and how we love others.”

Activities to Try

Option 1: “All of Me” Body Game

Help your child connect each part of the commandment to something physical:

- “Heart” → put hands on chest
- “Mind” → tap head
- “Strength” → flex muscles
- “Soul” → take a deep breath together

Say: “We can love God with all of us!” Repeat it like a little movement song—it sticks surprisingly well.

Option 2: Love in Action Basket

Fill a small basket with simple items (toy, book, snack, crayon). Let your child choose one and give it to someone in the house.

Say: “When we love God, we also love people.” Keep it very concrete—sharing = loving.

Option 3: “Thank You, God” Walk

Take a short walk (inside or outside). Point to things and name them:

- “Thank you, God, for trees”
- “Thank you for our home”
- “Thank you for Mommy/Daddy”

This builds the idea that loving God includes noticing and giving thanks.

Option 4: Heart Coloring Page

Draw or cut out a big heart. As your child colors, say: “We love God with our whole heart.”

You can even write their name inside: “(Name) loves God!”

Bedtime Prayer

“Dear God, Thank you for loving us. Help us love you with our whole heart (*touch your/their heart*), our whole mind (*point to your/their heads*), and all our strength (*make a muscle, invite them to do the same*). Help us love other people too. Amen.”

Parent Tip:

At this age, faith formation is mostly about presence and repetition. Don't worry if they don't "get" the scripture. You're building the foundation: God loves them, they are special, we show love by helping.