




LIVE IT WEEK: Love One Another in Action

Anchor Idea for Everyone:

We show God’s love by how we welcome, care, and speak to others.

	Ages 0–4	Ages 5–10	Ages 11–13	Ages 14–18	Adults
 WELCOME (Tea Party / Belonging)	Have a simple or pretend tea party with toys or family. Practice saying: “You are my friend” and “I like you.”	Host a tea party (real or pretend). Say kind things to each guest. Ask: “What makes you feel loved?”	Think about who gets included or left out. Invite or include someone new this week (at school, activity, etc.).	Practice radical hospitality: sit with, invite, or reach out to someone outside your usual group.	Practice intentional hospitality: invite, call, or check in with someone—especially someone new, lonely, or different.
 LOVE IN ACTION (Spreading Love)	Be a “helper”: clean up, carry something, give hugs or high-fives. Celebrate each act of kindness.	Choose one each day: help at home, draw a picture, write a kind note, encourage someone.	Do 3 acts of kindness this week—at least one for someone outside your friend group.	Do one act of love that costs you something (time, comfort, reputation).	Choose one: serve quietly, write a meaningful note, or take a step toward healing a relationship.
 BEING LOVED (Identity)	Look in a mirror and say: “God made me. God loves me.”	Look in a mirror and name things you like about yourself. Ask: “Jesus, what do you love about me?”	Reflect on belonging: When do I feel accepted? What would it mean to believe I am fully loved by God?	Journal about identity: What do I believe about my worth? What would change if I trusted I am loved by God?	Reflect honestly: Where do I struggle to believe I am loved? How does that affect how I love others?

Ages 0–4

Ages 5–10

Ages 11–13

Ages 14–18

Adults

Draw or write it.



**JOURNAL / —
THINK**

Draw your “loving actions” or write one sentence: “I showed love by...”

“When do I feel left out?”
“Why is kindness sometimes hard?”
“Who needs inclusion?”

“Where do I feel pressure to fit in?”
“Is my love genuine or performative?”

“Where is there a gap between belief and action?”
“What is God inviting me to do?”



**DINNER
TALK**

“Who did you help today?”

“What was a loving thing you did today?”
“Was anything hard?”

“Why do people exclude others?”
“What makes someone feel like they belong?”

“What does real love look like vs. social approval?”

“What does practicing real hospitality look like in our lives?”



PRAYER

Dear God, thank you for loving me. Help me be kind. Amen.

Jesus, thank you for loving me. Help me love others like you. Amen.

God, help me choose love, even when it’s hard. Show me who needs it. Amen.

God, shape who I am. Help me live with courage and love. Amen.

Loving God, help me live from your love and extend it to others. Amen.

Optional Family Practice (All Ages Together):

Choose one shared act of love this week (help someone, invite someone, write notes, serve together).
