

PLAY IT - Week 3 – Getting Started with the Way of Love

Big Idea

Play helps us practice the Way of Love. Through movement, creativity, breath, and joy, we learn how God’s Spirit moves in us and through us.

Core Truth for All Ages

God’s Spirit is like breath or wind. It is unseen, powerful, life-giving, and something we can join.

- Ages 0–4: *Feel it*
 - Ages 5–10: *Build it*
 - Ages 11–13: *Play with it*
 - Ages 14–18: *Explore it*
 - Adults: *Live it intentionally*
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Ages 0–4 God’s Breath Bubbles & Wind Play

Activity Option A: Bubbles = God’s Breath

Materials: Bubble solution and Bubble wands

How to Play

Blow bubbles together and say simple phrases like:

- “God’s breath is with you.”
- “God’s love is all around.”
- “The Spirit moves like the wind.”

Let children chase, pop, and laugh freely.

Make the Connection

“We can’t see the wind, but we can see bubbles move. This is similar to God’s Spirit. We can’t see God’s Spirit, but we can feel God’s love.”

Activity Option B: Scarves & Wind Dancing

Materials: Lightweight scarves, ribbons, or tissue paper

How to Play

- Blow gently and watch the scarves move
- Toss them in the air
- Dance and spin together

Leader Prompt: “Let’s use our breath to make the scarves dance!”

Why This Works

- sensory and movement-based
- no fine motor frustration
- helps young children experience the idea physically

For all other ages, we will create Pinwheels – *or you can find them at the Dollar Store!*

Basis: This activity is a reminder that the essence of God, God’s breath rests on everyone. We think it’s an especially fun game to play as an introduction to the BIG Way of Love, and to the disciplines of Say it, Live it – all of which we can engage as we PLAY IT, with this fun set of resources! This is an excellent take-home project, to help your little friends to remember to play along with Jesus all week.

Materials Needed:

- Pencil with eraser
- Construction paper
- Glue stick
- Scissors
- Pipe cleaner
- Markers, crayons, colored pencils, glitter, etc.
- Push Pins/Thumbtacks

How to Play:

- Make sure the paper is square (6in x 6in)
- Take one corner of the paper and fold it diagonally so that it touches the other corner of the paper.
- Open the paper up and take the next corner and do the same with the opposite corner of the paper.
- Open the paper up again and color or decorate your square.
- Place a mark in the center of the paper.
- Carefully cut along the creases of the paper stopping just short of the center.
- Starting at one corner point, write TURN, LEARN, PRAY, BLESS, WORSHIP, GO, REST, and the name of the artist, on the back side of the paper. Write one word close to the point, and the next word close to the middle of your square.
- After you have added the BIG Way of Love words and name of the child, carefully pull every other “point” of the paper down to the center of the paper.
- Glue the corners to the center, one on top of the other. Hold it in place until it’s dry.
- Twist the pipe cleaner tightly around the pencil top.
- Put the pipe cleaner through the pinwheel center. Wrap the end of the pipe cleaner around itself, making a ball in the center (leaving space to allow the pinwheel to spin!).
- Use your God-given breath to blow on it and make the pinwheel go round and round!

Ages 5–10 : Pinwheels & Play

Optional Play Extensions

After building pinwheels, turn them into a game:

Call out:

- “TURN!” → spin fast
- “REST!” → hold still
- “GO!” → run carefully with it
- “BLESS!” → spin your pinwheel toward someone and say something kind

Conversation Connection

“What helps your pinwheel move?”

“What helps people grow in love?”

Dinner Table Conversations: Elementary Kids

- What made you laugh today?
- What helps a pinwheel spin?
- Where do you notice wind or movement outside?
- How can we show love to someone this week?
- What is one fun way we can practice God’s love together?

Ages 11–13: Wind Challenges & Life Spinners

Activity Option A: Wind Power Challenges

Try mini-games with the pinwheel:

- Who can spin it longest with one breath?
- Can you make it move without using your hands?
- Can the whole group keep theirs spinning together?

Debrief Questions

- What worked better: gentle breath or strong breath?
- What helps your faith or kindness “move” in real life?
- What slows you down?

Activity Option B: Life Spinner

Label sections with Way of Love practices:

- PRAY
- REST
- GO
- BLESS
- LEARN
- TURN

Spin and commit to one practice this week.

Challenge Round

- “Do BLESS for someone unexpected.”
- “Try GO in a brave way.”
- “Practice REST without screens.”

Why This Works

- encourages ownership and choice
- mixes play with reflection
- fits growing independence and social awareness

Journal Prompts/Dinner Conversations: Tweens & Teens

- When do I feel most alive or joyful?
- What “moves” me most right now?
- What is one brave or loving thing that helps me feel connected to God?
- Which Way of Love practice feels easiest for me? Which feels hardest?
- If God’s Spirit is like wind, where do I notice it in my life?

Ages 14–18: Breath, Risk & Real Life

Activity Option A: One-Breath Challenge

Ask: “What is one thing you could do this week with one intentional breath of courage?”

Examples:

- start an honest conversation
- include someone sitting alone
- apologize
- try something new
- take one step toward God or toward another person

Frame It

“The Spirit moves when we actually move.”

Activity Option B: Steady Wind vs. Chaotic Wind

Experiment with:

- gentle, steady breath
- loud, chaotic bursts

Watch how the pinwheel responds.

Discussion

- What creates steady movement?
- What creates chaos?
- What helps you live intentionally instead of reactively?
- What helps you feel grounded?

Why This Works

- respects teens’ desire for authenticity
- keeps the metaphor meaningful without feeling childish
- connects spirituality to everyday life

Journal Prompts/Dinner Conversations: Teens

- What helps people feel included?
- When is it hard to slow down or rest?
- What gives you energy lately?
- What’s one small way someone showed kindness recently?
- Which Way of Love practice feels most realistic for your life right now?
- What helps me feel connected to God?
- If God’s Spirit is like wind, where do I notice it in my life?

Adults - Breath Practice & Living the Way of Love

Activity Option A: Breath Prayer

Practice: Find a comfortable place and position to sit, lie down, or even stand. Begin to notice your breath, breathing in and out 6-8 times.

- Then, on each **Inhale, say to yourself: “God, you are near.”**
- And on each **Exhale: “Help me live your love.”**

Activity Option B: Spin & Commit

If you want to make a pinwheel (it's FUN!), you can use it to Spin a Way of Love practice and choose one intentional action for the week.

Examples:

- REST → schedule quiet time
- BLESS → write a note or make a call
- GO → reconnect with a neighbor
- PRAY → begin each day with one minute of stillness

Activity Option C (this can be a good family conversation at dinner, too!)

What Moves You?

Reflect together:

- What currently drives your life?
 - pressure?
 - fear?
 - achievement?
 - love?
 - hope?
 - God?

Closing Reflection

“What would it look like to be led more by the Spirit and less by urgency?”

Journal Prompts/Dinner Conversations: Adults

- What rhythms shape my life right now?
- Where do I experience joy, wonder, or renewal?
- What keeps me from slowing down enough to notice God?
- Which Way of Love practice do I most need in this season?
- Where might God be inviting me to move, rest, reconnect, or begin again?
- How can play, creativity, or delight become part of my spiritual life?
- What helps us stay grounded?
- How can our home reflect love, hospitality, rest, or compassion this week?