

## **Ages 0–4**

### **LIVE IT WEEK: Love One Another in Action**

#### **Anchor Idea:**

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

#### **WELCOME (Tea Party / Belonging)**

Have a simple or pretend tea party with toys or family.  
Practice saying:

- “You are my friend”
- “I like you”

#### **LOVE IN ACTION (Spreading Love)**

Be a “helper”:

- Clean up
- Carry something
- Give hugs or high-fives  
Celebrate each act of kindness.

#### **BEING LOVED (Identity)**

Look in a mirror and say:

- “God made me.”
- “God loves me.”

#### **JOURNAL / THINK**

— (not required for this age)

#### **DINNER TALK**

- “Who did you help today?”

#### **PRAYER**

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

## **Ages 5–10**

### **LIVE IT WEEK: Love One Another in Action**

#### **Anchor Idea:**

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

#### **WELCOME (Tea Party / Belonging)**

Host a tea party (real or pretend).

- Say kind things to each guest
- Ask: “What makes you feel loved?”

#### **LOVE IN ACTION (Spreading Love)**

Choose one each day:

- Help at home
- Draw a picture
- Write a kind note
- Encourage someone

#### **BEING LOVED (Identity)**

Look in a mirror and:

- Name things you like about yourself
- Ask: “Jesus, what do you love about me?”  
Draw or write the answer.

#### **JOURNAL / THINK**

- Draw your “loving actions”
- OR write: “I showed love by...”

#### **DINNER TALK**

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

#### **PRAYER**

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

## **Ages 11–13**

### **LIVE IT WEEK: Love One Another in Action**

#### **Anchor Idea:**

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

#### **WELCOME (Belonging)**

Think about who gets included or left out.

Invite or include someone new this week (school, activities, etc.).

#### **LOVE IN ACTION (Spreading Love)**

Do **3 acts of kindness this week:**

- At least one for someone outside your friend group

#### **BEING LOVED (Identity)**

Reflect on belonging:

- When do I feel accepted?
- What would it mean to believe I am fully loved by God?

#### **JOURNAL / THINK**

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

#### **DINNER TALK**

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

#### **PRAYER**

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

## **Ages 14–18 + Adults**

### **LIVE IT WEEK: Love One Another in Action**

#### **Anchor Idea:**

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

#### **WELCOME (Belonging)**

##### **Ages 14–18:**

Practice radical hospitality:

- Sit with, invite, or reach out to someone outside your usual group

##### **Adults:**

Practice intentional hospitality:

- Invite, call, or check in with someone
- Especially someone new, lonely, or different

#### **LOVE IN ACTION (Spreading Love)**

##### **Ages 14–18:**

- Do one act of love that costs you something (time, comfort, reputation)

##### **Adults:**

- Serve quietly
- Write a meaningful note
- Take a step toward healing a relationship

#### **BEING LOVED (Identity)**

##### **Ages 14–18:**

Journal:

- What do I believe about my worth?
- What would change if I trusted I am loved by God?

##### **Adults:**

Reflect honestly:

- Where do I struggle to believe I am loved?
- How does that affect how I love others?

## JOURNAL / THINK

### **Ages 14–18:**

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

### **Adults:**

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

## DINNER TALK

### **Ages 14–18:**

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

### **Adults:**

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

## PRAYER

### **Ages 14–18:**

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

### **Adults:**

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

## **Optional Family Practice (All Ages)**

Choose one shared act of love this week:

- Help someone
- Invite someone
- Write notes
- Serve together