

## **WEEK 3 — PLAY IT “Practicing Turning with Joy”**

### **Weekly Focus: Embodied Learning • Joy • Practice • Repetition of Turning**

This week reminds us that spiritual growth is not only something we think about—it is something we practice with our whole selves. Through movement, games, repetition, laughter, reflection, and ritual, we learn that turning toward God can become part of our everyday lives.

In scripture, turning is not a one-time event. It is a continual reorientation toward love, grace, mercy, and life with Jesus.

This week invites all ages to practice TURNING with joy.

### **SCRIPTURE FOCUS**

**Main Scripture:** Psalm 51:10

“Create in me a clean heart, O God...”

**Supporting Scriptures:** Matthew 4:18–20, Luke 15:11–32

### **OPENING PRAYER (ALL AGES)**

“God of joy, help us keep turning toward love. Teach us to pause, notice, and choose kindness again and again. Shape our hearts, our habits, and our lives so we reflect Jesus more each day. Amen.”

### **WEEK 3 KEY PRACTICE - MOVEMENT PHRASE: “TURN TOWARD LOVE”**

Encourage families and individuals to repeat this phrase throughout the week:

- before difficult conversations
- during moments of frustration
- while driving
- before bedtime
- during prayer or reflection

Add movement:

- physically turn around
- place hands over heart
- pause and breathe deeply

### **WEEK 3 FAMILY BLESSING**

“May God help you notice the moments when you need to turn again. May your heart grow in love, your habits grow in grace, and your life reflect the joy of following Jesus. May you keep turning toward love, again and again. Amen.”

## **TURN: Play It! AGES 0–4**

**Main Idea:** God helps me turn toward love.

**Story Focus:** Talk about simple moments:

- turning around
- changing directions
- trying again
- choosing kindness

*Connect movement with spiritual practice:* “We can always turn back toward God’s love.”

### **Activities**

- Spin and freeze games
- “Jesus Says” movement game (like Simon Says)
- Heart coloring pages
- Practice hugs, sharing, and helping

### **Movement Phrase**

Repeat together: “Turn toward love!”

### **Bedtime Prayer**

“God, thank you for today. Amen.”

## **Ages 5–10**

**Main Idea:** Small loving choices help us follow Jesus.

### **Scripture Focus**

Review:

- Jesus calls people to follow him
- God helps us begin again
- Love is something we practice

### **Activities**

- “Turn & Choose” spinner game
- Heart collage with kind actions
- Wash stones as a symbol of new beginnings
- Kindness charades

### **Discussion Questions**

- What helps you make good choices?
- When is it hard to stop and think before reacting?
- How can love change situations?

### **Weekly Practice**

Encourage children to pause and ask: “What would love do right now?”

### **Bedtime Prayer**

“Dear God, thank you for today. Help me turn toward love when I sleep and when I wake up. Amen.”

## **Week 3 TURN: Play it 11–13 (Tweens)**

**Main Idea:** Turning toward love takes practice.

### **Scripture Reflection**

Discuss how habits shape hearts and actions.

- Psalm 51 → inner renewal
- Luke 15 → returning
- Matthew 4 → following

### **Journal Prompts**

- What patterns do I usually fall into without thinking?
- When is it hardest for me to “turn” toward love instead of reacting?
- What helps me pause before I respond in a situation?
- How would my relationships change if I practiced “turning” more often?

### **Dinner Discussions**

- Why do small choices shape big patterns over time?
- What does it look like to “pause and turn” in real-life conflict?
- Where have you seen someone choose a better response than expected?

### **Activity**

Create a “pattern interrupt” plan:

- When I feel angry → pause and breathe
- When I feel left out → choose honesty instead of withdrawal
- When I feel stressed → pray before reacting

### **Closing Prayer**

“God, help me slow down, notice my choices, and turn toward love again and again. Amen.”

## **Week 3: Play it AGES 14–18 (Teens)**

### **Main Idea**

Transformation happens through repeated choices and awareness.

### **Scripture Exploration**

**Reflect** on:

- habits
- emotional reactions
- identity formation
- spiritual practices

### **Discuss:**

- Why do humans repeat unhealthy patterns?
- What helps people truly change?
- How does awareness lead to transformation?

### **Reflection Questions**

- What reactions feel automatic in me?
- What helps interrupt harmful cycles?
- What practices move me toward love and peace?
- What would it mean to become more intentional spiritually?

### **Practice**

Try a “pause and turn” practice:

1. Notice reaction
2. Pause
3. Breathe
4. Choose a loving response intentionally

### **Symbolic Ritual**

Invite teens to hold a stone while reflecting on:

- burdens
- habits
- fears
- reactions

Then place the stone down as a reminder: “I do not have to stay stuck.”

### **Prayer**

“Jesus, shape my habits, reactions, and choices. Teach me to become more loving, aware, and compassionate each day. Amen.”

## **Week 3 Play It! ADULTS**

### **Main Idea**

Spiritual formation happens through repeated reorientation toward God.

### **Scripture Reflection**

Turning toward God is not merely emotional—it is deeply practical.

### **Reflect on:**

- attention
- habits
- emotional reflexes
- spiritual rhythms
- everyday choices

### **Discussion Themes**

- What forms us spiritually without us realizing it?
- How do routines shape discipleship?
- What practices help us interrupt reactive patterns?
- How can joy become part of spiritual growth?

### **Personal Reflection**

Complete: “I notice I turn away from love when...”

Then reflect: “One practice that helps me turn back is...”

### **Spiritual Practice for the Week**

Practice “Pause & Turn”:

- pause before responding
- breathe before reacting
- pray before speaking
- notice before judging

Repeat daily: “Turn toward love.”

### **Closing Prayer**

“God, keep shaping our hearts and habits. Help us notice what pulls us away from love and continually turn us back toward grace, mercy, compassion, and peace. Amen.”