

WEEK 3 MATRIX — PLAY IT: “Practicing Turning with Joy”

	Ages 0–4	Ages 5–10	Ages 11–13	Ages 14–18	Adults
PLAY IT	“Jesus Says: TURN!” Spin, laugh, hug, and move together.	“Turn & Choose” game: spin → name a loving action.	“Turn Challenge”: choose a new response instead of an old habit.	“Pattern Interrupt”: notice automatic reactions and intentionally choose love instead.	Practice spiritual awareness: What pulls me away from God? What turns me back toward love?
HEART ACTIVITY	Draw hearts and decorate them with happy colors.	Fill a paper heart with words about kindness, love, and joy.	Reflect: What fills my heart most each day?	What influences or forms my inner life?	What currently fills my heart, attention, and energy?
TURNING STONE	Drop a rock in water and say: “God helps me begin again.”	Wash a stone while naming mistakes, worries, or hurts God can help with.	Reflect on letting go of unhealthy habits or reactions.	Practice a symbolic ritual of confession and release.	Create a grace ritual: release burdens, receive renewal, and reflect on ongoing transformation.
OPPOSITES GAME	Practice simple opposites: angry/kind, grab/share, shout/listen.	Name loving choices in everyday situations.	Practice “behavior reversal”: What could I choose differently?	Reflect on ethical choices and emotional reactions.	Notice habit patterns and how small choices shape character over time.
JESUS IMAGE	Draw a picture of Jesus walking with you.	Place a Jesus image or reminder somewhere visible at home.	Reflect daily: How can I follow Jesus today?	How does discipleship shape identity and relationships?	What does Christ-centered living look like in ordinary life?
PRAYER	“Thank you, God. Amen.”	“God, help me turn toward love. Amen.”	“God, help me choose love when it is hard. Amen.”	“Jesus, form me in love and patience. Amen.”	“God, keep shaping me into a person of grace and compassion. Amen.”
JOURNAL	—	—	“When is it hardest for me to turn toward love?”	“What patterns or reactions do I notice in myself?”	“Where do I need greater awareness, honesty, or reorientation?”
DISCUSSION	“What made you change direction today?”	“What helps you make loving choices?”	“Why do patterns repeat?”	“What helps interrupt unhealthy habits?”	“Where have we seen real transformation happen?”

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.”