

big faith

SESSION 10

Unit 3: Recipe for Love

Faith Focus: Jesus teaches us to love and welcome others.

Love each other. Just as I have loved you, so you also must love each other. (John 13:34)

GROW IN FAITH

One Part Empathy—Luke 6:31

We know this Bible verse as the Golden Rule, a gentle and wise reminder of how we are to treat others. This rule is universally known and requires us to show empathy to everyone. Sometimes we get empathy and sympathy confused. The Golden Rule is a good way to remember the difference. When we practice the Golden Rule, we are thinking about how we would want someone to treat us and then offering that same kindness and love to one another.

This is exactly how Jesus loved. Empathy is the first step, or ingredient, for living by Jesus' example. We are called to do more than care about others; we must also act in a way that demonstrates our full support and love.

- Help children memorize the Golden Rule.
- Discuss kindness.
- Act out acts of love.

SUPPLIES

crayons

scissors

hole punch

yarn

CEB Bible

CEB Bible storybook
(optional)

TV and DVD player or
streaming device

permanent markers

rulers

gold paint

paintbrushes or sponges

paper plates

wax paper

plastic table covering or
newspaper

smocks

handwashing supplies

SESSION OUTLINE

COME TOGETHER

Prepare to Learn

Faith Focus—Jesus Teaches Us
to Love and Welcome Others

The Golden Rule(r) (Craft)

FAITH CONNECTIONS

Read the Story

Big Faith Video

Faith Response

FUN WITH FAITH

A Golden Ruler (Art)

Mirror Game
(Social/Emotional)

SHARE YOUR FAITH

Big Faith Idea—Faith in Jesus

COME TOGETHER

Prepare to Learn

Supplies: All-Ages Class Pack, Activity Sheets, Activity Stickers

Prepare Ahead: Set up your area with the supplies and activity pages needed for today's session. Display the Unit 3 Bible Verse Poster (Class Pack—pp. 9 & 16), Unit 3 Faith Focus Poster (Class Pack—pp. 5 & 20), and Unit 3 Faith Response Poster (Class Pack—pp. 7 & 18) to use later in the session.

- As children arrive, invite them to join you in a circle.
- Give each child a copy of the "Spring Sticker Page" (Activity Sheets—p. 29) and their own set of Activity Stickers. Have children place the ruler sticker on the Session 10 space.

SAY: This month we will be hearing stories about how we can love each other. Many of the stories about Jesus help us learn about love!

ASK: How do you know someone loves you? How do they act? What do they say?

Faith Focus—Jesus Teaches Us to Love and Welcome Others

Supplies: All-Ages Class Pack, crayons

Prepare Ahead: Display the Unit 3 Faith Focus Poster (Class Pack—pp. 5 & 20). Photocopy "How to Have Empathy" (Leader Guide—p. 70) for each child.

- Give each child a copy of the "How to Have Empathy" coloring page.

ASK: How do you like people to treat you? How do you treat people?

SAY: Jesus had been taught by his family and community how to treat others. He said to treat others how you want to be treated. Another word for that is "empathy." That means trying to think of how you would like to be treated and then treating others that way. We all can have empathy.

- Give children time and space to color the sheet.

The Golden Rule(r)

Supplies: Activity Sheets, scissors, hole punch, yarn, crayons

Prepare Ahead: Tear out "The Golden Rule(r)" (Session 10 Activity Sheet) for each child.

SAY: Our Bible story today is sometimes called the Golden Rule. Many people memorize it to help them remember how to treat everyone fairly.

- Give each child a copy of “The Golden Rule(r).”
- Help the children cut out the picture. Punch two holes in the top of the picture. Have each child take a piece of yarn and knot an end in each hole.

SAY: You can hang your Golden Rule picture somewhere where you will remember what Jesus taught us.

ASK: Why do you think the Golden Rule is important?

FAITH CONNECTIONS

Read the Story

Supplies: CEB Bible, CEB Bible storybook (optional)

- Invite the children to join you in a circle.
- Read Luke 6:31 from a CEB Bible. You may also choose to read about Jesus teaching the disciples and the crowd (Luke 6:17-31) in a CEB Bible storybook for context.

SAY: Jesus taught all the people who followed him about the Golden Rule. He knew that it was one of the most important rules to follow in life.

ASK: How does the Golden Rule help us treat people well? How do you want to be treated?

Big Faith Video

Supplies: Big Faith DVD, TV, DVD player or streaming device

- Watch the Session 10 video on the Big Faith DVD or via your Amplify Media subscription.
- Share the questions on the screen with the children. You may also choose to add your own questions. Give children time to share their responses and ideas.

ASK: What was your favorite part of the video?

Faith Response

Supplies: All-Ages Class Pack, permanent markers

Prepare Ahead: Display the Unit 3 Faith Response Poster (Class Pack—pp. 7 & 18) and Unit 3 Bible Verse Poster (Class Pack—pp. 9 & 16) if you haven’t already.

- Invite children to wonder about the images on the posters.
- Encourage children to say the Bible verse with you: “Love each other. Just as I have loved you, so you also must love each other” (John 13:34).

SAY: People throughout time have tried to treat each other well. Empathy helps us treat each other well because we imagine how we would like to be treated.

- Lay the Faith Response Poster on the floor or a table and invite the children to gather around it.

ASK: Have you ever experienced someone showing you empathy or treating you kindly? What did it feel like?

- As the children share, invite them to use a permanent marker to mark the poster above the “Empathy” bowl. Encourage them to draw a smiley face as a representation of how they feel when someone treats them with empathy.

FUN WITH FAITH

A Golden Ruler

Supplies: rulers, gold paint, paintbrushes or sponges, paper plates, wax paper, plastic table covering or newspaper, smocks, handwashing supplies

Prepare Ahead: Cover a workspace with plastic or newspaper. Pour gold paint into several paper plates.

SAY: A ruler helps measure things so we know how big they are. Rules can help us measure how well we are loving each other, by helping us know when we are practicing empathy and when we need to try a little more.

ASK: What do you need reminders about sometimes? Who gives you reminders of what you need to do?

- Gather the children around the workspace. Give each child a ruler.
- Direct the children to use paintbrushes and sponges to paint their rulers gold.
- Set the rulers on wax paper to dry.

SAY: We can help each other remember to treat each other with empathy, as the Golden Rule teaches us. We can remind each other by using our words and actions.

Mirror Game

- Gather the children to stand in a row facing forward. Stand in front of the children and tell them to copy your motions. Move your body slowly, using your face to create different emotions.
- Trade places with a child. Have that child start the motions that the others mirror. Repeat until all children have had a turn leading the motions.

SAY: It can be challenging to figure out how to follow someone’s motions. They might move or express themselves differently from how we do.

SAY: It can feel good to know that others are paying attention to you. Noticing each other can help us treat each other with empathy because we are paying attention to how someone else is feeling and acting.

SHARE YOUR FAITH

Big Faith Idea—Faith in Jesus

Supplies: All-Ages Class Pack, Golden Rule(r) signs made earlier

Prepare Ahead: Display the Spring Big Faith Idea Poster (Class Pack—pp. 4 & 21).

Photocopy the Unit 3 Family Faith Letter (Leader Guide—pp. 95–96) for each child.

- Show children the Big Faith Idea Poster.

ASK: How can you remember to treat others the way you want to be treated or with empathy?

SAY: We can have faith in Jesus because he shows us how we can live. The stories we read about him in the Bible help us learn how to love each other well. Even when it is hard, we can do our best to follow Jesus' example. And Jesus is always there to help us! When we are sure that God loves us, that is having faith.

- Have children look at their Golden Rule signs.

ASK: Where will you hang your sign so you will remember the Golden Rule?

SAY: The Golden Rule is the most important thing we need to remember about how to treat others. Jesus remembered the Golden Rule when he treated others with empathy.

ASK: Who will you treat with empathy this week? How will you practice empathy?

- Invite each child to answer, calling each of them by name. Or you could have the children practice "mutual invitation," which means that each child who finishes sharing invites another child to share.
- Invite the children to pray with you.

PRAY: Repeat after me: "God, thank you for sending Jesus to teach us the Golden Rule. Help us create love all around us by treating others with empathy. Help others treat us with empathy, too. We praise you and thank you for loving us. Amen."

- Send the Unit 3 Family Faith Letter and activity home with each child.
- Also send home any activities or items made during today's session.

REPRODUCIBLE SESSION 10

How to Have Empathy

Color in the page. Who shows you empathy? Who do you have empathy for?



E
M
P
A
T
H
E
Y

Encourage others
to be themselves

Make time for them

Put yourself in their shoes

Act with care

Think about how they feel

Hear what
they are saying

You-think how
you would feel



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