

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.

- Discuss empathy and sympathy.
- Ask why empathy matters.
- Learn other Bible stories about empathy.

SUPPLIES

pencils

scissors

construction paper

glue

CEB kids' Bible or CEB Bible storybook

TV and DVD player or streaming device

sticky notes

crayons

wooden rulers

gold paint

paintbrush

stickers

permanent markers

chef's hat

SESSION OUTLINE

COME TOGETHER

Prepare to Learn

Faith Focus—Jesus Teaches Us to Love and Welcome Others

Golden Rule Cake (Craft)

FAITH CONNECTIONS

Read the Story

Big Faith Video

Faith Response

FUN WITH FAITH

Golden Rule(rs) (Craft)

Recipe for Empathy (Response)

Chef Says (Game)

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 golden ruler sticker on the Session 10 space.

SAY: Today, we will learn about empathy. Empathy means we understand how someone else feels. We need empathy to love others well. Jesus taught people that it is important to have empathy for each other.

Faith Focus—Jesus Teaches Us to Love and Welcome Others

Supplies: All-Ages Class Pack

Prepare Ahead: Display the Unit 3 Faith Focus Poster (Class Pack—pp. 5 & 20).

- Show children the Faith Focus Poster.

SAY: Jesus teaches us to love and welcome others. When we follow Jesus' recipe to love and welcome others, we feel good and help others feel loved. One way Jesus taught people to have empathy and love others was through the Golden Rule: treat others the way you want to be treated.

ASK: Have you ever felt welcomed? What made you feel welcomed?

- Give children time and space to share their ideas.

Golden Rule Cake

Supplies: Activity Sheets, pencils, scissors, construction paper, glue

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

SAY: There are many ways to make people feel welcomed and loved. Let's make our own recipe for love to make a Golden Rule Cake.

- Give each child a copy of the activity sheet and have the children follow the directions to make the cake.

FAITH CONNECTIONS

Read the Story

Supplies: *CEB kids' Bible or CEB Bible storybook*

- Invite the children to join you in a circle.
- Read the Golden Rule (Luke 6:31) from a CEB kids' Bible or your favorite CEB Bible storybook.

ASK: Why do you think it is important to treat others the way 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.
- Give children time to respond to the questions on the screen. Discuss the questions as partner pairs, as small groups, or all together.

ASK: What was your favorite part of the video?

Faith Response

Supplies: *All-Ages Class Pack, sticky notes, crayons*

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: Jesus wants all people to feel welcomed and loved. When we have empathy for others, we have the first ingredient to love people.

ASK: When might it be hard to treat someone the way you want to be treated?

SAY: Jesus shows love even when it is difficult. Jesus wants us to show love even when we are mad or sad or angry.

- Lay the Faith Response Poster on the floor or a table and invite the children to gather around it.
- Give each child a sticky note and crayons.

ASK: What do you see on our poster?

- Invite each child to write one word to describe the Golden Rule. Let the children add their notes to the poster.

FUN WITH FAITH

Golden Rule(rs)

Supplies: wooden rulers, gold paint, paintbrush, stickers, permanent markers

Prepare Ahead: For each child, paint a ruler gold. Allow the rulers to dry.

SAY: We all need help sometimes remembering to treat others the way we want to be treated. Let's make a golden ruler with today's Bible verse on it to help us remember how important it is to practice empathy.

- Give each child a ruler and a permanent marker.
- Have the children write the sentence from Luke 6:31 on their rulers and decorate their rulers with stickers.

Recipe for Empathy

Supplies: pencils

Prepare Ahead: Make copies of "Recipe for Empathy" (Leader Guide—p. 70).

- Give each child a copy of the reproducible.

ASK: What are some ways you can practice empathy?

- Have the children fill in the blanks to complete "Recipe for Empathy."

Chef Says

Supplies: chef's hat

SAY: Sometimes leaders help us practice empathy by showing us what is right and what is wrong.

ASK: Who are some leaders in your life? Who helps you practice empathy?

SAY: We are going to play a game where we practice listening carefully to a leader.

- Have children volunteer to be the Chef Says leader.
- Whoever is wearing the chef's hat acts like the leader of Simon Says. When the leader says, "Chef says," children should complete that action. If the chef does not say, "Chef says," children should not follow the direction. If a child does that action, have him or her sit down. Continue until only one child is left.
- Play again as time allows with a different child as chef.

SHARE YOUR FAITH

Big Faith Idea—Faith in Jesus

Supplies: All-Ages Class Pack

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.

SAY: Empathy is an important ingredient for loving and welcoming others. We practice empathy when we treat others how we want to be treated.

- Have the children gather in a circle.
- Have each child share one word to describe how she or he feels when being welcomed and loved.
- Invite the children to pray with you.

PRAY: Lord, we are grateful that you love us. Help us to learn the recipe to love and welcome others. Amen.

- Send the Family Faith Letter home with each child.
- Send home any activities or items made during today's session.

REPRODUCIBLE SESSION 10 Recipe for Empathy

What's your recipe for empathy? Fill in the blanks.

Ingredients for Empathy:

I can show empathy to _____

by _____

I can treat others fairly by _____

I can care for my friends when I _____

Cooking Instructions:

I will mix it all together when I _____

Art: Omar Aranda/Gwen Walters Artists' Representative