

WEEK 2 LESSON GUIDE

HOW TO...

BIG IDEA

Jesus taught us how to love our enemies.

BIBLE

Love Your Enemies:
Matthew 5:43-48

WELCOME TIME

MUSIC | How To Worship

- **INSTRUCTIONS:** To fit the theme, consider putting out [some DIY instruments](#) (or make them with your kids) that they can use during worship this month. You can lead kids in worship with any songs of your choice, but here are some suggestions that go along with this month's theme. Make sure you have purchased any licenses required to play or perform these songs. For more information, [read this!](#)
 - "Let Your Light Shine" (Hillsong Kids Jr.)
 - "This Little Light of Mine" (VeggieTales)
 - "The Opposite Song" (Yancy & Little Praise Party)
 - "The Lord's Prayer" (Summit Kids)

ACTIVITY | How to Choose: Easy or Hard?

- **INSTRUCTIONS:** Create a series of questions and ask them to the group. Have kids go from one side of the room or the other depending on their answer. Make sure you indicate clearly which side of the room indicates which answer.
 - ✂ **TODDLER HACK:** Remember to reword questions if it seems like some kids are having a hard time understanding the question. It may have to be asked a few different ways before they can determine what their answer would be.
- I love learning how to do stuff. Sometimes the things I learn are really easy and I get how to do it very fast. But some things are very hard to learn and it takes me a while!
- **Have you ever felt that way?**
- Let's see what kinds of things sound easy and hard to you. I'm going to describe something that we might have to learn how to do someday, or even really soon.
 - If you think that would be easy to learn, go to this side of the room.
 - If you think it will be hard to learn, go to the other side of the room.
- Ok, let's start!
 - **Writing your name.**
 - **Tying your shoelaces.**

- **Wrapping a present.**
- **Reading chapter books.**
- **Making a sandcastle by yourself.**
- **Riding a bicycle without training wheels.**
- **Baking a cake.**
- **Loving your family.**
- **Loving your pet.**
- **Loving someone who's not kind to you.**
- Sometimes the things we learn are easy and fun, and sometimes they are very hard and make us want to give up. Like that last one . . . loving someone who's not kind to you is very hard. But Jesus taught us how we can do that . . . you'll see!

ACTIVITY | How to Shape-Shift

- I have a really fun challenge for us to work on together today. We're going to work as a group to make outlines of different shapes. I'm going to tell you a shape, and we're going to work as a team to move our bodies and make that shape.
- **Are we ready?!**
- **INSTRUCTIONS:** *Have kids work in groups to use their bodies to make outlines of different shapes (circle, square, triangle, line, and diamond) eventually ending with a heart.*
 - ✂ **TODDLER HACK:** *Use a shape sorting toy (like [this one](#)) and have toddlers fit the different shapes into the slots. Hold onto the heart-shaped block and try to fit it in all the wrong slots first. Ask toddlers to show you where the heart goes. Say, "That was hard. Thank you for showing me! A heart is a good way to say I love you."*
- Hearts usually remind us of love and loving others. Sometimes, it can be tough thinking about giving love to people we don't like or aren't very nice to us.
- Jesus has some things to teach us when it comes to learning how to love others!

STORY TIME

SCRIPTURE | Matthew 5:43-48 (Love Your Enemies)

- **INSTRUCTIONS:** *Pass around a [heart plush](#) as you read the Bible story. Prepare to read the Bible passage in an easy-to-understand translation like ESV or NIV.*
- Jesus was a wonderful teacher. He taught people how to do all sorts of things, especially how to follow God. Let's learn about one of those things right now!
- I'm going to describe something you see all the time, especially during a special holiday in February.
 - It's usually red or pink. You might see it on a box of chocolates or a card. It kind of looks like an upside-down triangle. It usually means love. **Do you know what it is?**
 - Yes! What I'm describing is a heart!
 - **Have you ever seen a heart before at the store, maybe around valentines day?** A heart is a great picture that shows someone that we love them.
- *[Read Matthew 5:43-45 then pass the heart plush around.]*
 - Jesus tells us that anybody can love someone who loves them, too. But he wants us to not only love people we like being with, but we also need to love and pray for people we don't get along with, too.
- *[Read Matthew 5:46-48.]*

- Jesus teaches us how important it is to love others. He wants us to love not just our family and friends but also people who haven't been very friendly to us.
- Jesus showed us how to do this. Jesus loved everyone, even the people who made fun of him and called him names. Jesus knew that God wants us to love everyone, so he did!
- That might sound like a really hard job, but I have some good news for us. We have the best teacher . . . Jesus!

BIG IDEA | Jesus taught us how to love our enemies!

- **INSTRUCTIONS:** Use the piñata from Week 1 and hang it up in your ministry space. Write the Big Idea on a piece of paper, fold it up, and attach it to a piece of string. Then tape the paper to the back of the piñata so kids can't see it, but let the string hang down. When it's time for the reveal, yank on the string attached to the paper, so that the paper drops. Pick it up and read it out loud. (You'll use the piñata the intended way in Week 4.)
- Today's Big Idea is: **Jesus taught us how to love our enemies!**
- **Can we say it together with some hand motions?**
 - **Jesus** (point pointer fingers to heaven)
 - **taught us** (point thumbs to self)
 - **how to** (spread hands out to side with palms up)
 - **love our enemies** (pull hands together to make a heart).

VIDEO | How To . . . , Episode 2

- **INSTRUCTIONS:** Play this week's episode of [Cali's World](#).

ACTIVITY | How to Bear Hug

- **INSTRUCTIONS:** This game is a spin-off of Red Rover (without the injuries!). Split your group in two and have them hold hands in a line on opposite sides of the room. The space in-between the lines should be clear. Then, have the group choose a name of a kid from the other side and say "Hey _____, we wanna give you a great bear hug!". That kid then runs over and the group embraces them in a silly group hug. Now, it's the other group's turn to pick a name and repeat the activity. Continue as time allows.
 - ✳ **TODDLER HACK:** Replace this activity with a relay game. Split the group in half (or in smaller teams if needed) and have the teams stand in a line. Then, have the first person(s) in line embrace their bear in a big bug and run down and around the cone and back to their team. They should then pass on the stuffed animal to the next person and repeat until everyone has a chance to go.
- In a movie or a book, someone who tries to stop the hero is seen as the enemy. In a game, someone who is on the other team can be seen as the enemy.
- But Jesus doesn't want us to see anybody as our enemy! Jesus wants us to love everybody, even the ones who are hard to love. **Jesus taught us how to love our enemies**, even when it's hard.
- Imagine how wonderful it feels when you get a hug from a friend or family member. loved I feel when I get a hug from my family or best friends.
- We're going to play Big Bear Hug to remind us how fun and joyful it can feel to give and get love from others . . . even someone on the other team!

PRAYER

- Thank you Jesus for teaching us how to love our enemies. You showed us how to love everyone. Help us to love everyone, too! Amen.

SHARING TIME

SNACK | DIY Hearty Meal

- **INSTRUCTIONS:** *If you are doing this activity in February (or even if you're not), it would be fun to theme it up by finding some fun heart-shaped snacks or making your own using cookie-cutters. Some ideas are: gummy packs, meat and cheese, Jello with whipped cream and heart sprinkles, or cookies. Chat with kids while they munch using conversation starters like the ones we've provided below.*
- **Who are some people you love? Who are some people that love you?**
- **How do you know they love you?**

ACTIVITY | Circle Time

- **INSTRUCTIONS:** *Have kids seated in a circle. Look around the circle and wink at one kid. Ask the group who you winked at. Have the person you winked at answer the first question. Next, have that kid wink at someone in the group. Continue until all questions are answered.*
- **Who did Jesus tell us to love?**
- **What is an enemy?**
- **What is our Big Idea for today?**
- **How do you show someone you love them?**
- **Who will help you love others? (Jesus!)**

ACTIVITY | Heart Suncatcher Craft

- **INSTRUCTIONS:** *To make this [heart-shaped suncatcher](#), begin by printing the heart template on white sheets of cardstock. Then, have the kids spread a thick layer of Mod Podge over their sheet of plastic. Press the tissue paper squares into the Mod Podge, then use the paintbrush to place the tissue paper squares directly onto the plastic. Then, have kids paint a second layer of Mod Podge on top of the tissue paper squares. While the plastic sheet is drying, ask the kids to cut out the heart template with scissors (or cut for them). When the glue is dry, gently bend the plastic sheet and peel the tissue paper away from it. Trace a heart onto the tissue paper using the cardstock heart, then use scissors to cut it out.*
- ✂ **TODDLER HACK:** *Replace this activity with a simpler version. Have a printed sheet of paper with a heart on it and allow kids to glue pieces of tissue paper to the inside of the heart.*
- We're going to make heart suncatchers to hang at home to help us remember to love everyone!
- How beautiful is it when we let Jesus' light shine in our hearts when we love! Aren't you glad **Jesus taught us how to love our enemies?**

MEMORY VERSE | John 13:15 (NIV)

- **"I have set you an example that you should do as I have done for you."**
- **INSTRUCTIONS:** *Share the verse and have the kids say the verse once together at normal speed. Then, choose someone from the group to "push a button" on a remote control prop: speed up (fast-forward), slow down (rewind), volume up, or volume down. Whatever is chosen dictates what the group does next.*

PLAY TIME

ACTIVITY | Coloring Page

- **INSTRUCTIONS:** *Print and distribute the coloring page along with crayons or markers. As the kids color, you can review today's Bible story, Big Idea, and memory verse.*