

Read or watch the bible story below then chat about the verse and have a go at the activity. There's also a song to sing and dance to and a prayer to say...

## Who do you love? Who loves you?

These are the two most important commandments Jesus can give us. God loves us — and we should love God with all of our heart, soul and mind. We should also love ourselves and our neighbours. If we manage to do these, they cover any other rule we could possibly need. Rather than tell us things we should not do, Jesus tells us to concentrate on all we can do to show our love for God and others. This doesn't just mean people who live next door to us, it means everyone! Loving means to be kind and respectful, to want to help others and to really care about other people. It is really easy to love some people! But other people are harder to love, especially if they seem really different to us.

Is there someone you find hard to love? Do you know why that might be?

## Bible Passage...

CHILTON

Today we will be exploring the Greatest Commandment. You can find it in

Matthew 22:36-40

Or watch it here

Song for today: <u>Big</u>
<u>family of God</u> listen
and know that
God loves you.

## A prayer to say together

Dear God, Thank you that you have given us these two commandments.

Help us to love you with all our heart, soul and mind. Help us to put you first. Help us also to love others, especially those who we find harder to love. Thank you God that you know and love each of us, thank you that you see us as we are and love us anyway. In Jesus' name, Amen.

## <u>Activity</u>

Is there anyone you find hard to love? Sometimes it is really hard to love people but we are told to love our neighbour. Write a name on a cut out heart shape and then fold it into an envelope by folding the two sides in, then fold over the top of the heart to make the bottom of the envelope. The point at the bottom of the heart shape now becomes the top part of the envelope. Pray that God will help you love that person.

You could use another heart and write the names of people on there who you do love. Could you tell that person today that you love them and why you love them? Thank God for the people in your lives who you love. You could keep this heart somewhere safe.

Love the Lord your God-with all your heart and with all your soul and your mind. Matthew 22:37