

# How Do We Show Love?

## UPPER ELEMENTARY LESSON PLAN

**Theme:** Showing the love of Jesus

**Scripture:** John 14:15

**Memory Verse:** If you love me, keep my commands. - John 14:15

## The Children's Sermon

Jesus told Peter, "If you love me, feed my sheep." This might sound a bit funny at first. You might think, "Did Jesus have sheep that needed feeding?" Well, not exactly the kind you might be thinking of. Jesus wasn't just talking about fluffy, white animals that go "baa." He was talking about people, like you and me. When Jesus said "feed my sheep," He meant taking care of each other, especially those who need help.

I think what Jesus was saying was that we have to do more than say we love each other. We show love when we take care of each other. It's like when you help a friend who fell down, or when you share your toys. That's how you "feed my sheep." You're giving kindness and help, just like you'd give food to someone who was hungry.

When we provide food to people who do not have any, we show love. But "feed my sheep" doesn't only mean giving food. It can also mean listening to someone who is sad, helping with homework, or even just smiling and saying hello. All these things are ways to feed Jesus' sheep because you're taking care of the people around you.

Now, you might wonder, "How can I, a kid, feed Jesus' sheep?" It's simpler than you think. Every day, you meet people who need your help. Maybe there's a new kid in

school who doesn't have friends yet. You can be their friend. That's a way to feed Jesus' sheep. Or maybe you see someone who's sad or upset. Just asking them if they're okay or if they want to talk is another way to feed Jesus' sheep.

Remember, feeding Jesus' sheep isn't just a one-time thing. It's something we can do every day. It's in the small acts of kindness that we show Jesus' love to the world. It's in the way we treat our families, our friends, and even people we don't know very well.

Jesus' message to feed His sheep is really about showing love and care to everyone. It's about making sure no one feels left out, hungry, or alone. When we do these things, we are following Jesus' footsteps. We are being good friends, good siblings, and good people.

Sometimes, feeding Jesus' sheep might even mean standing up for someone who is being treated unfairly. It means being brave and saying, "Hey, that's not right," and helping them feel safe and loved. Jesus wants us to be kind and brave, just like He was.

And guess what? When we feed Jesus' sheep, we also make ourselves feel good. It's like when you share your favorite snack with a friend. You might have less for yourself, but you feel really happy inside because you made your friend happy. That's the magic of feeding Jesus' sheep. It fills our hearts with joy and love, just like it fills up the hearts of those we help.

So, let's think about ways we can feed Jesus' sheep every day. Maybe we can start by saying something nice to someone, helping out at home without being asked, or sharing something we really like. Every little bit of kindness helps, and it all adds up to a lot of love.

And don't forget, feeding Jesus' sheep isn't just for kids. It's for everyone. You can even remind the grown-ups in your life to feed Jesus' sheep, too. Maybe you can do something together, like making cards for people in the hospital or picking up trash in the park. There are so many ways to show love and care for each other.

In the end, what Jesus wants us to remember is that love is an action. We show love by what we do, not just by what we say. And when we feed His sheep, we are showing the world what Jesus' love looks like. It's kind, it's caring, and it's for everyone.

So, let's go out there and feed Jesus' sheep in any way we can. Let's spread kindness and love everywhere we go. And let's remember that even the smallest act of kindness can make a big difference in someone's life. That's how we can be true followers of Jesus, by feeding His sheep and taking care of each other.

## Bible Memory Verse

### **If you love me, keep my commands. - John 14:15**

You Will Need:

- Colored paper
- Markers or crayons
- Scissors
- Stickers (optional)

Get Ready:

- Cut the colored paper into heart shapes, one for each child.
- Write 'John 14:15' on each heart with a marker.

Do This:

1. Give each child a heart-shaped paper and markers or crayons. Explain that the heart represents love, and today's memory verse is about showing love by following Jesus' commands.
2. Ask the children to decorate their hearts with drawings or stickers that remind them of ways they can show love by obeying Jesus' commands. Examples could include helping others, being kind, and praying.
3. Once everyone has finished decorating, gather the children in a circle. Have them share their decorated hearts and explain what their drawings represent about keeping Jesus' commands. Conclude by reciting the memory verse together as a group.

## Bible Interactive Experience

You'll Need:

- Bibles or printed copies of John 14:15
- Construction paper (various colors)
- Markers, crayons, or colored pencils
- Scissors
- Glue sticks
- Heart-shaped templates or cookie cutters
- String or yarn

Get Ready:

- Cut the construction paper into manageable sizes for making heart-shaped crafts.
- Set up stations with markers, crayons, or colored pencils, scissors, glue, and heart-shaped templates.

Do this:

1. Begin with a group discussion on John 14:15, "If you love me, keep my commands."

Ask the students what they think it means to keep Jesus' commands and how it shows love for Him.

2. Hand out the construction paper and drawing supplies. Have each student use the heart-shaped templates or cookie cutters to trace and cut out heart shapes from the construction paper.

3. On one side of the heart, ask the students to write or draw what they think are Jesus' commands based on their knowledge of the Bible, discussions in Sunday School, or the passage read. Encourage creativity in expressing ideas such as love, kindness, obedience, and sharing.

4. On the other side of the heart, have them write or draw ways they can show love for Jesus by keeping His commands in their daily lives. Examples could include helping a friend, being obedient to parents, or spending time in prayer.

5. Once everyone has completed their hearts, use the string or yarn to create a garland of the hearts by gluing the string to the back of each heart, leaving space between them. Hang the garland in the classroom as a visual reminder of their commitment to show love for Jesus by obeying His commands.

## Snack Activity: Heart-Shaped Fruit Pizzas: Showing Love Like Jesus

You'll Need:

- Pre-made sugar cookie dough
- Cream cheese (softened)
- Powdered sugar
- Vanilla extract

- Assorted fresh fruits (strawberries, blueberries, kiwis, etc.)
- Heart-shaped cookie cutter
- Mixing bowls
- Rolling pin
- Baking sheets
- Knife for spreading

Get Ready: Preheat your oven according to the sugar cookie dough package instructions. Roll out the dough on a floured surface to about 1/4 inch thickness and use the heart-shaped cookie cutter to cut out heart shapes. Place the hearts on a baking sheet and bake according to package instructions. Allow to cool completely.

Do this:

1. In a mixing bowl, combine 8 oz of softened cream cheese with 1/4 cup of powdered sugar and 1 teaspoon of vanilla extract. Mix until smooth.
2. Spread a thin layer of the cream cheese mixture over each cooled cookie heart, leaving a small border around the edges.
3. Arrange the fresh fruit on top of the cream cheese to create a colorful pattern.

Encourage the children to think about the fruits as the different ways we can show love to others, just as Jesus loves us.

As you work, discuss John 14:15, 'If you love me, keep my commands.' Talk about how following Jesus' commands and showing love to others through our actions can be a sweet offering, just like these fruit pizzas.

## Game Activity: Love Leap

You'll Need:

- A large open space (indoors or outdoors)
- Chalk (if outdoors) or tape (if indoors) to create lines
- Small pieces of paper with various acts of kindness written on them
- A container to hold the papers

Get Ready: Use the chalk or tape to create a start line and several lines at different distances (like a hopscotch layout but straight). Write simple acts of kindness on the pieces of paper (e.g., share a toy, give a compliment, help with a chore) and place them in the container near the start line.

Do this:

1. Each child takes a turn drawing a piece of paper from the container and reads the act of kindness aloud.
2. Based on the act of kindness, the child decides how much love and effort it represents and chooses a line to leap towards - the more love and effort, the further they try to leap.
3. After their leap, the child commits to performing the act of kindness before the next class. The goal is to encourage children to 'leap' into acts of kindness, showing love as Jesus teaches in John 14:15.

## Craft Activity: Love Links: Showing Jesus' Love

You'll Need:

- Colored paper strips
- Markers or pens
- Stapler or tape

Get Ready: Write John 14:15 on a chalkboard or large piece of paper and discuss what it means to keep Jesus' commands as a way of showing love for Him.

Do this:

1. Have each child write a command of Jesus or a way to show love to others on a strip of paper. Encourage them to think of specific actions, like helping a friend, being kind, or sharing.
2. Connect the strips into a chain by looping them into circles and securing them with a stapler or tape, linking each new strip through the previous one.
3. Challenge the children to create the longest chain they can as a group, reminding them that each link represents an act of love that shows our love for Jesus. Conclude by hanging the chain in the classroom as a visual reminder of John 14:15.

## Prayer Activity: Loving Through Obedience: A Prayer Craft on John 14:15

You'll Need:

- Colored paper
- Markers or crayons
- Scissors

Get Ready: Prepare a sample heart cut-out with 'If you love me, keep my commands.' - John 14:15 written on it to show as an example.

Do this:

1. Begin with a discussion on John 14:15, asking the kids what they think it means to keep Jesus' commands and how it shows love for Him. Encourage them to share examples of commands they can follow in their daily lives.
2. Give each child a piece of colored paper and ask them to cut out a heart shape. On one side of the heart, have them write 'If you love me, keep my commands.' - John 14:15. On the other side, ask them to write or draw one command of Jesus they want to focus on obeying as a way to show their love for Him.
3. After everyone has completed their heart, gather the children in a circle. Let each child share their heart, explaining the command they chose and why. Conclude with a group prayer, asking God to help each child show love through obedience to His commands.