

If You Love Me, Show Me

LOWER ELEMENTARY LESSON PLAN

Theme: Showing our love by our actions.

Scripture: John 14:15

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

The Children's Sermon

Do you think Jesus likes to hear us tell him how much we love him? I am sure that he does, but I think he likes it even more when we show him how much we love him. How do we do that? Jesus made a list! The list that he made can be found right here in the Bible. Jesus said, "If you love me, you will keep my commandments." If we want to show Jesus how much we love him, we will read his Word and do what he told us to do. When you tell Jesus you love him, remember that he likes it even more when you show him – by keeping his commandments.

Dear Jesus, we love you. Help us to show that love by doing what you have told us to do. Amen.

Now, let's talk a bit more about Showing Love Through Obedience. Imagine you have a best friend, and you want to make them super happy. You might give them a big hug, share your toys, or draw them a picture. That's a lot like how we can show Jesus we love him, but instead of hugs or pictures, we show our love by following his rules, which are like special instructions to live a happy and kind life.

Jesus' instructions are pretty simple but very important. He tells us to be kind, to share, to listen to our parents, and to be honest. When we do these things, it's like giving Jesus a big, warm hug with our actions. This is what we mean by Showing Love Through Obedience.

You might wonder, "How can I remember all of Jesus' instructions?" A good way is to read stories from the Bible or listen to them at church or at home. The Bible is like a treasure map that leads us to living a life full of love and kindness. Every time you do something that Jesus teaches, you're finding a treasure that makes your heart and Jesus' heart very happy.

But what happens if we forget or make a mistake? Well, the amazing thing about Jesus is that he always forgives us. He knows we're not perfect, but he loves seeing us try our best. When we say sorry and try again, that's also Showing Love Through Obedience. It's like if you accidentally knock down a friend's block tower, saying sorry and helping to build it back up shows you care.

Let's think of some ways we can show Jesus our love this week. Maybe you can help your mom or dad with a chore without them asking, or you could share your favorite snack with your brother or sister. Perhaps you could even spend a little time talking to Jesus before bed, telling him about your day and thanking him for his help. These small acts of kindness are big ways of Showing Love Through Obedience.

And remember, Showing Love Through Obedience isn't just for when we're at church or talking about Jesus. It's something we can do all the time, everywhere we go. Whether you're at school, at the park, or at home, you can always find ways to follow Jesus' instructions and show him how much you love him.

So, dear friends, let's make a special promise today. Let's promise to try our best to show our love for Jesus not just by saying the words but by living them out every day. Let's be kind, let's be helpful, let's be honest, and let's be loving. This way, we're not just telling Jesus we love him; we're showing him with our whole hearts.

Dear Jesus, we love you. Help us to show that love by doing what you have told us to do. Amen.

Remember, Showing Love Through Obedience is one of the best gifts we can give to Jesus. It's like wrapping up all the kindness, love, and good choices we make every day and giving them to him as a present. And the best part? This is a gift we can give every single day, no matter where we are or what we're doing.

So, let's go out there and show Jesus our love, not just today, but every day. Let's fill our hearts with kindness and our actions with love. By Showing Love Through Obedience, we're not just making Jesus happy; we're making the world a brighter, kinder place for everyone.

Thank you for listening, and remember, Jesus loves you so much, and he's cheering for you as you show your love for him through your obedience. Let's make it a great week of loving and living the way Jesus teaches us.

Bible Memory Verse

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

You Will Need:

- Heart-shaped stickers
- Construction paper
- Markers or crayons

Get Ready:

- Cut the construction 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 piece of paper and some heart-shaped stickers.
2. Ask the children to think of ways they can show love by following Jesus' commands. For each way they can think of, they should place a sticker on their heart.
3. After they've placed their stickers, let them use markers or crayons to decorate their hearts further while you talk about the importance of showing our love for Jesus through our actions.

Bible Interactive Experience

You'll Need:

- A simple version of John 14:15 written on a large paper or board
- Heart-shaped stickers
- A 'Love Actions' chart (a large poster with columns for each child's name and rows for different love actions like "helped a friend," "listened to someone," "shared something," etc.)
- Small prizes or treats (optional)

Get Ready:

- Write John 14:15 on the large paper or board: "If you love me, keep my commands."

- Prepare the 'Love Actions' chart with enough columns for each child's name and several rows for different actions of love.
- Place heart-shaped stickers and the 'Love Actions' chart on a table where children can easily reach them.

Do this:

1. Start by reading John 14:15 together and discuss what it means to show love through our actions. Explain that Jesus wants us to show our love for Him by how we treat others.
2. Introduce the 'Love Actions' chart. Explain that whenever they do something that shows love, like sharing with a friend or helping their parents without being asked, they can put a heart-shaped sticker next to their name on the chart.
3. Throughout the class or the week, encourage children to share stories of how they showed love through their actions. After sharing, they can add a sticker to the chart. At the end of the activity or week, review the chart together and celebrate all the loving actions with a small treat or prize. This reinforces the idea that showing love through actions is rewarding and appreciated.

Snack Activity: Love By Action Fruit Pizzas

You'll Need:

- Round crackers or small round cookies
- Cream cheese (softened)
- Assorted sliced fruits (strawberries, kiwis, grapes, blueberries)
- Small butter knives or spreaders
- Plates

Get Ready: Make sure the cream cheese is softened enough for easy spreading. Wash and prepare the fruit by slicing it into small pieces that can fit on your crackers or cookies.

Do this:

1. Give each child a plate and let them pick a few round crackers or cookies to start.

Explain that these crackers represent the foundation of our actions, built on love, just like in John 14:15, where Jesus talks about showing our love by following His commands.

2. Next, spread a layer of cream cheese on each cracker or cookie. This cream cheese represents the love we spread through our actions every day.

3. Finally, let the children decorate their 'fruit pizzas' with assorted fruit slices. Each piece of fruit represents a different action of love, such as helping a friend, being kind to a sibling, or listening to their parents. As they create their snack, encourage them to think of specific actions they can take to show love to others.

This activity not only provides a tasty snack but also a tangible lesson on how our actions, like the fruits, can show our love for Jesus and others.

Game Activity: Love in Action Hopscotch

You'll Need:

- Sidewalk chalk
- Small stones or bean bags
- A list of simple, kind actions (e.g., smile, give a compliment, say 'thank you', help someone)

Get Ready: Use the sidewalk chalk to draw a hopscotch grid on the pavement. Instead of numbers in each square, write simple actions that show love and kindness.

Do this:

1. Each player takes a turn tossing their stone or bean bag onto a square in the hopscotch grid.
2. The player then hops through the grid, skipping the square their stone landed on. When they reach the end, they turn around and hop back. On their way back, they stop at the square before the one with their stone, pick up the stone, and perform the action written in that square for someone in the group or suggest how they could do it at home.
3. After completing their action, it's the next player's turn. The game continues until all actions have been performed at least once.

The aim is to remind the kids that showing our love through our actions, as Jesus taught in John 14:15, is fun and something we can do every day.

Craft Activity: Love in Action Wind Chimes

You'll Need:

- A small terra cotta pot (about 4 inches in diameter)
- Acrylic paint & brushes
- Yarn or strong string
- Beads, shells, or small stones
- A small metal washer
- A stick or dowel rod (about 6 inches long)

Get Ready: Gather all your materials and cover your work area with newspaper or a plastic sheet to protect it from paint.

Do this:

1. Begin by discussing John 14:15, 'If you love me, keep my commands.' Explain that showing love isn't just about saying 'I love you' but also about our actions towards others. Ask the children for examples of loving actions.
2. Paint the terra cotta pot with acrylic paint. Encourage the children to think of symbols or colors that represent love and kindness as they decorate their pots. Allow the paint to dry completely.
3. While the pots are drying, thread beads, shells, or stones onto lengths of yarn or string. Tie a knot at one end to keep them from falling off, and attach the metal washer to the other end. This will act as the 'chime' part of the wind chime.
4. Once the pot is dry, carefully poke a hole through the center of the bottom (adults may need to help with this part). Thread the yarn or string with the beads and washer through the hole in the pot, so the washer hangs inside and the beads are outside. Tie the string to a stick or dowel rod that is laid across the top of the pot. Make sure the washer hangs freely inside the pot so it can move and chime.
5. Finally, tie an extra piece of yarn to the stick or dowel rod to create a loop for hanging the wind chime. Encourage the children to hang their Love in Action Wind Chimes in a place where they can see them and be reminded to show love through their actions every day.

Prayer Activity: Love in Action Prayer Garden

You'll Need:

- A small pot for each child
- Soil

- Flower seeds (easy to grow, such as marigolds or sunflowers)
- Colorful markers and stickers

Get Ready: Before the class, set up a table with the pots, soil, seeds, markers, and stickers. Make sure there's enough for each child to have their own.

Do this:

1. Start by reading John 14:15 together, explaining that when we love Jesus, we show it by following His commands, which includes loving others through our actions.
2. Give each child a pot and let them decorate it with markers and stickers. As they work, encourage them to think of ways they can show love through their actions, just like planting a seed can grow into a beautiful flower.
3. Help the children fill their pots with soil and plant some seeds. As they plant, lead them in a prayer asking God to help their love grow and show through their actions, just like the seeds will grow into flowers.