

If You Love Me, Show Me

UPPER 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 paper cutouts
- Markers or crayons
- String or yarn
- A hole punch

Get Ready:

- Cut out heart-shaped paper cutouts, one for each child plus a few extras.
- Set up a table with markers, crayons, and the heart cutouts.

Do This:

1. Give each child a heart-shaped paper cutout and ask them to write 'John 14:15' along with something they can do to show love by keeping Jesus' commands.
2. Once they have written their commitment, help them punch a hole at the top of the heart and thread a piece of string through it.
3. Encourage the children to hang their heart somewhere they will see it every day as a reminder to keep Jesus' commands as a way of showing their love for Him.

Bible Interactive Experience

You'll Need:

- Bibles or printed copies of John 14:15
- Large poster board and markers
- Sticky notes and pens
- A collection of simple, everyday tasks written on slips of paper (e.g., help someone with a chore, write a thank-you note, share a snack, etc.)
- A "Love in Action" chart on the wall

Get Ready:

- Write John 14:15 at the top of the poster board and decorate it as a reminder of the day's theme.
- Prepare the "Love in Action" chart with columns for each child's name and rows for each day of the week.
- Place the slips of everyday tasks in a bowl or hat.

Do this:

1. Start by reading John 14:15 together and discuss what it means to show love through our actions. Explain that today's activity will help them put this scripture into practice.
2. Have each child draw a slip of paper with a task from the bowl. Encourage them to complete this task during the week as a way to show love.
3. Give each child a sticky note and a pen. Ask them to write a personal goal related to showing love through action, inspired by John 14:15. It could be something specific to their home, school, or community.
4. Place the sticky notes around the John 14:15 poster as a collective commitment to showing love through actions.
5. Throughout the week, encourage the children to mark their progress on the "Love in Action" chart whenever they complete their task or make a significant effort toward their personal goal.
6. At the end of the week or the next Sunday School session, have a discussion about the experience. Ask the children to share how they felt doing their tasks, any challenges they faced, and what they learned about showing love through actions.

Snack Activity: Heart-Shaped Fruit Pizzas: Showing Love by Our Actions

You'll Need:

- Pre-made sugar cookie dough
- Cream cheese
- Powdered sugar
- Vanilla extract
- Assorted fresh fruits (strawberries, kiwis, blueberries, grapes)
- Heart-shaped cookie cutter
- Rolling pin
- Mixing bowl
- Knife (for adult use or under adult supervision)
- Oven

Get Ready: Preheat your oven according to the sugar cookie dough package instructions. Wash and prepare your fruits by slicing them into small pieces.

Do this:

1. Roll out your sugar cookie dough on a flat, clean surface. Use the heart-shaped cookie cutter to cut out heart shapes from the dough. Place these hearts on a cookie sheet and bake according to the package instructions. Let them cool after baking.
2. While the cookies are cooling, mix cream cheese (about 8 oz for a standard batch), 1/4 cup of powdered sugar, and a teaspoon of vanilla extract in a mixing bowl until smooth. This will be your 'love spread.'
3. Once the cookies have cooled, spread a layer of the cream cheese mixture on each cookie. Then, let the children arrange the sliced fruits on top to create their own colorful, edible 'love hearts.' Explain that just as we are using our actions to show love by creating these treats, John 14:15 teaches us that if we love Jesus, we will follow His commandments, showing our love through our actions.

Game Activity: Love in Action Hopscotch

You'll Need:

- Sidewalk chalk
- A small stone or beanbag
- A list of actions that show love (e.g., helping, listening, giving, encouraging)

Get Ready: Use the sidewalk chalk to draw a traditional hopscotch grid on the pavement. Number the squares from 1 to 10. In each square, write an action that shows love, based on John 14:15 ('If you love me, keep my commands.').

Do this:

1. Players take turns tossing the stone or beanbag to land in one of the numbered squares. If the stone lands on a square, the player must hop through the hopscotch grid, skipping the square their stone landed on. Before hopping, the player must read the action in their square aloud and say one way they can show that action in their life.
2. After completing the hopscotch, the player picks up the stone while standing on one foot in the square just before the one where their stone landed. They then share how they have seen someone show love in a way that corresponds with the action written in the square where their stone landed.
3. The game continues with each player taking turns. The aim is to complete the hopscotch with thoughtful reflections on each action of love. Players encourage each other and discuss different ways they can show love through their actions, in line with the Scripture.

Craft Activity: Love in Action: A John 14:15 Craft

You'll Need:

- Construction paper (various colors)
- Markers or crayons
- Glue sticks
- Scissors
- Ribbon or yarn
- Hole punch

Get Ready: Gather all materials on a clean, flat workspace. Pre-cut hearts from construction paper to save time.

Do this:

1. Read John 14:15 together and discuss what it means to show love through our actions. Emphasize that loving Jesus means obeying His commands.
2. Each child selects a piece of construction paper and uses markers or crayons to write a way they can show love through action this week (e.g., helping a sibling, doing a chore without being asked).
3. Decorate the paper with drawings that represent the action they've chosen.

Encourage creativity!

4. Cut the decorated paper into a heart shape. Punch a hole at the top and thread a piece of ribbon or yarn through it.
5. Share the hearts with the class, explaining the action chosen and how it shows love for Jesus by obeying His commandments. Hang the hearts in a visible place as a reminder.

Prayer Activity: Love in Action Prayer Cards

You'll Need:

- Index cards or colorful paper

- Markers, crayons, or colored pencils
- A Bible or a printed copy of John 14:15

Get Ready: Read John 14:15 together and discuss what it means to show love through our actions, especially as it relates to following Jesus' commands.

Do this:

1. Ask each child to think of a way they can show love through their actions in the coming week. This could be helping a family member, being kind to a friend, or doing something without being asked.
2. Have them draw or write that action on an index card or piece of colorful paper, using the markers, crayons, or colored pencils. Encourage creativity!
3. On the back of the card, write 'John 14:15' to remind them of the scripture that inspired their action.
4. Conclude by having each child share their action plan with the group. Offer a prayer together, asking God to help them show love through their actions in the week ahead.