

EMOTIONALLY HEALTHY SPIRITUALITY

UNITED CHURCH OF COHOES | SUMMER 2022

Sunday 8/28/22

Today Pastor Kaity is talking about L-O-V-E

We talk about love in all sorts of ways.
We might say we LOVE pizza, and then sing about how we LOVE God,
and tell our parents that we LOVE them before bed at night.

But each of those are a sort of different, aren't they?
Do you love your mom the same way you love pizza?

What are some things that make you feel loved?
What are some ways that you show others you love them?

A question I have about today's message is:

My Feelings Check-In

I am feeling:



I feel this way because:

Something I am grateful for this week is:

Something I learned in today's message is:

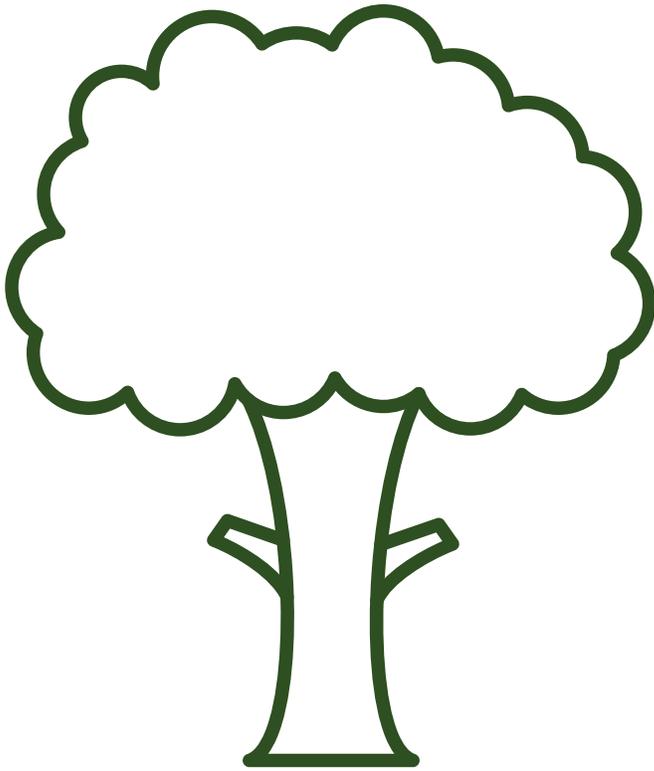
My favorite song today was:

JESUS teaches us to LOVE one another

- In today's message, Pastor Kaity read one of Jesus' stories about a man who is injured and a person who helps him. Before the helper shows up, a couple people see the man in need and walk to the other side of the road.
 - Can you think of some reasons why they might have ignored the person in need?
- Jesus' point was that people who love God should also love other people. And not just with nice words, but with actions like helping and caring.
 - Can you think of some ways that you show love to people in your house?
 - How could you share God's love at school?
- Do you know that Jesus tells people to love their ENEMIES?
 - It's easy to love friends, but it's pretty hard to love someone that's an enemy, isn't it?
 - What do you think it means to love an enemy? How can you show love to someone that is hard to love?

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Decorate the Tree with "good fruit"
use pictures and words!

Find your blindspot!

What's a Blindspot? Hold your hands in front of you like you are pointing at something with both arms straight out. Now slowly move them apart. Keep looking straight ahead. How far do you get before you can't see them anymore? That's your blindspot! Your arms are there but unless you move your head (or even just your eyes) you can't see them!

One reason I love God is:

.....

One way I show myself God's love is:

.....

Jesus tells the disciples that his followers need to show LOVE.
Our LOVE for others is the "good fruit" that shows them God's LOVE!

Write the Word (Copy this verse on the lines to the left):

**"This is my commandment:
that you love one another as
I have loved you."**

John 15:12

What is something you'd like to pray about today?