

3-6 | March 15

Bible Story: Be Humble/Love Your Enemies • *Matthew 5:38-48*

Bottom Line: Love like Jesus even when it's hard.

Monthly Memory Verse: *Don't do anything only to get ahead. Don't do it because you are proud. Instead, be humble. Value others more than yourselves.* • *Philippians 2:3 NIV*

1. Opening Activity

What You Need:

- Offering container
- Hula Hoops®

What You Do:

- Welcome the kids by name with a high five or fist bump!
- Invite the kids who brought an offering to put it in the offering container.
- Instruct the kids to stand in a circle, holding hands.
- Place a Hula Hoop over one pair of clasped hands.
- (If you have a larger group, feel free to make smaller groups and give each group a Hula Hoop. Groups of five work great!)
- Challenge the group to move the Hula Hoop all the way around the circle without anyone letting go of their friends' hands. (The kids will have to step through the Hula Hoop and move their bodies to pass it along.)
- Cheer them on as they work together to get the Hula Hoop all the way around the circle.

What You Say:

"You did it! That was a real challenge, but you worked together! Sometimes, being friends and loving each other can be a little tricky! **[Transition]** Today, in the Sermon on the Mount, Jesus is going to teach us a brand-new way to do something that can feel upside-down: how to love people who are unkind to us. Let's go listen!"

EveryChild Pro Tips:

- *If a kid has mobility challenges, the group can gently help guide the Hula Hoop over them while they remain stationary.*

[Lead children to do worship and watch today's video lesson]

2. Love Grows for Everyone

What You Need:

- White cardstock or construction paper
- colorful paper hearts
- Green paper strips (stems)
- Yellow paper sun
- Cloud cutouts
- Glue sticks
- Crayons or markers

What You Do:

- Give each kid a piece of paper to be their “garden.”
- Have the kids glue green stems coming up from the bottom of the page.
- Invite them to glue a heart on top of each stem to make heart-flowers.
- Explain that the hearts represent people in our lives—friends, family, and even people who are hard to love.
- Have kids glue the sun in the corner of the page and help them write **“Love Your Enemies.”**
- Have kids draw raindrops falling onto the hearts and help them write **“Pray for Those Who Hurt You.”**
- Allow time for kids to decorate their garden with grass, smiles, or extra hearts.
- Encourage kids to quietly think about one person they can pray for this week while they finish their craft.

What You Say:

“Your gardens look amazing! You added hearts, sunshine, and rain—and that’s important. Plants need sun and rain to grow, and people need love and prayer too.

“Jesus teaches us to love everyone—even people who are unkind or hard to love. God gives sunshine and rain to everyone, and He wants us to show His love the same way. Loving someone who hurts us can feel really hard, but we don’t have to do it on our own.

“When you pray and ask God for help, He gives you the strength to love like Jesus. And when people see you choosing love—especially when it’s hard—they’ll see God’s love through you. You can **[Bottom Line] love like Jesus, even when it’s hard.**”

3. Rhythm Repeat

What You Need:

- No supplies needed

What You Do:

- Encourage the kids to join you in a seated circle.
- Explain that you are going to build a rhythm together.
- Start by doing one simple action, like clapping twice.
- The kid to your right is to repeat your action (clapping twice) and add their own simple action (like snapping once).
- The next kid in the circle is to do both actions in order (clapping twice, snapping once) and add a new one (like patting their knees twice).
- Continue around the group, with each kid repeating the whole pattern and adding one new move.
- See how long you can keep the pattern going!

What You Say:

“That was amazing! It got really hard to remember the whole pattern! It can also be hard to remember to be kind when someone is not kind to us. Showing love to someone you don’t get along with feels upside-down. But that’s why it’s so important and so powerful. God loves everyone. When people see you choosing to love when it’s hard, they’ll know that you’re different. They’ll see that you’re a follower of Jesus.

“Loving people who are hard to love is one of the most powerful ways that you can live like Jesus. It’s not always easy, but you can pray and ask God for help. When you began to follow Jesus, His Holy Spirit, Jesus’ very Spirit, who loves His enemies, moved inside of you. And He can help you so you can **[Bottom Line] love like Jesus even when it’s hard.**”

4. Pray

“Dear God, thank You for loving us. Please help us to love others the way You do, sending sun and rain on everyone. Give us Your strength so we can **[Bottom Line] love like Jesus even when it’s hard.** We need Your help! We love You, and we pray these things in Jesus’ name. Amen.”