

4 WEEKS

we love because

He first loved us

FAMILY STUDY GUIDE

Hey, families!

Enjoy this family study guide as a supplement to the current sermon series. Our prayer is that it stirs up meaningful conversation with your kids. Get them involved as much as possible. Encourage kids (big and little) to read what they can, participate and have fun as a family!

The greatest spiritual influence will always be you. We're here for support and to cheer you on!

Sunnybrook Family Ministry Team

TABLE OF CONTENTS

WEEK 1.....	4
WEEK 2.....	6
WEEK 3.....	8
WEEK 4.....	10



@sunnybrookkids



Kicking it Off:

If you had to spend the day as an animal, what animal would you be?

Big Idea: We love because He loved us first.

Talk About it Together: When we love others the way God loves us, we put their needs before ours without expecting anything in return. **Can you think of a time when someone showed you love or kindness without expecting anything in return?** (Maybe someone comforted you during a tough time, or shared a snack with you without expecting anything back.)



What are some ways we can show someone love FIRST, without being asked ... and maybe without them expecting it? (If you see your little brother feeling sad, you can offer a comforting hug or share a kind word to make them feel better. Maybe you can also help your siblings with their tasks or chores without being asked, like picking up toys or assisting with homework.)

Showing God's love first means being attentive and caring, thinking about what might make the other person happy, and doing it without waiting for them to request it.

Bible Reading: We love because He loved us first.
1 John 4:19 NIV

Talk to God:

Dear God, Thank you for loving us first and showing us how to love others. Help our family to be kind, understanding, and patient with each other. Teach us to show love without being asked, and to care for each

other's feelings and needs. Help us to always be ready to share your love through our actions and words. We want to comfort and support one another, just as you comfort and support us. In Jesus' name, we pray. Amen.

#LoveInAction

This week, watch for ways you can do something kind for someone in your family - without being asked. Helping mom make breakfast, tidying up your sister's bedroom, or taking care of one of your brother's chores.



WEEK 2



Kicking it Off: If you had to pick one meal that you had to cook for a new friend, what would you cook?

Big Idea: Even when you fight, loving is right.

Talk About it Together: Have your feelings ever been hurt? Have you ever hurt someone else's feelings? **When you don't get along with someone, what is your first feeling?** (Anger? Sad? Hurt? Proud? Revenge? Loneliness? Confused?) Jesus tells us to love our enemies and pray for those who hurt us. **What does it look like to love someone**

who has hurt you? (Forgive them. Ask them about their day. Give them a hug. Tell them a joke and laugh together.) Each family member - come up with ONE way you can show love to an "enemy" this week.

Bible Reading: "But here is what I tell you. Love your enemies. Pray for those who hurt you."
Matthew 5:44 NIV



Talk to God: Dear God, thank You for Your love. We ask that You would help us to love our family, our friends, and our community with the same love that You love us with.

Especially in times of hurt, or times where we don't get along, help us to love well. We pray for those who have hurt us. In Jesus' name we pray, Amen.

#LoveInAction

Do a “random act of kindness”. Choose one below, OR come up with your own idea as a family!

- **Introduce yourself to your neighbors if you don't know them, or leave some treats on a neighbor's doorstep.**
- **Help a loved one with something they've been struggling to complete, like homework or a big project.**
- **Pick up trash around your neighborhood or a nearby park.**



- **Thank your teacher for their advice and support throughout the school year.**
- **Leave a note in your mailbox to thank your mail carrier for their hard work.**



Kicking it Off: If you could pick one word in the English language that people had to say instead of “Hello”, what would it be?

Big Idea: Jesus’ love is a forever love.

Talk About it Together: Have you ever done anything that you **KNEW** your parents told you not to do? (Forgot to take the trash out, left dirty clothes on the floor, lied about something, etc) You might have gotten in trouble, but your parents still LOVE you! **Now, have you ever done anything that you KNOW God told you not to do?** (Stole something without asking, lied, etc.) **Did you know that no matter what you do/have done, nothing can ever separate you from God’s love for you? How does it feel knowing that you can never be separated from God’s love?**

Bible Reading: “Nothing at all can ever separate us from God’s love. That’s because of what Christ Jesus our Lord has done.”
Romans 8:39b



Talk to God: Dear God, thank you for loving us and that nothing could ever separate us from your awesome love. We ask for strength and resilience

- that when loving others gets tough, we would remember you never give up on us, so we won't give up on others. In Jesus' name we pray, Amen.

#LoveInAction

Take time as a family this week to call, FaceTime or write a letter to someone that you haven't spoken to in awhile, and tell them that you love them.

Tell them that Jesus loves them, too.





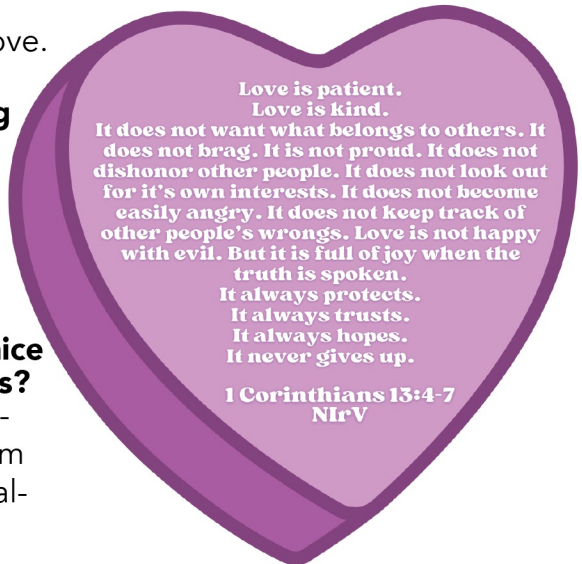
Kicking it Off: What is something that helps you fall asleep at night?

Big Idea: Love like Jesus.

Talk About it Together: God's love is special, because it doesn't depend on how well we do things, and God doesn't expect anything in return. Even though there is a lot of not-so-nice stuff in the world, God still loves us so much - just like it says in John 3:16. Humans can't love like this on their own; they have to get this perfect love from God. 1 Corinthians 13 is called "The Love Chapter", because it talks about this amazing love.

So, how can we love others without expecting anything back? (It means being kind, patient, and caring towards others, even if they don't treat us the same way.) **And how can we love even those who might not be very nice to us, just like Jesus does?** (By being forgiving, understanding, and treating them with kindness - even in challenging situations).

Bible Reading: Love is patient. Love is kind. It does not want what belongs to others. It does not brag. It is not proud. It does not dishonor other people. It does not look out for its own interests. It does not become easily angry. It does not keep track of other people's wrongs. Love is not happy with evil. But it is full of joy when the truth is spoken. It always protects. It always trusts. It always hopes. It never gives up.
1 Corinthians 13:4-7 NIV



Talk to God: Dear God, Thank you for the incredible love you have shown us - a love that is patient, kind, and selfless. As a family, help us to love like Jesus. Help our hearts to be kind, patient, and caring towards others. Give us strength to love even those who may not be very kind to

us, just as Jesus does. We want our actions and words to be filled with forgiveness, understanding, and kindness. Let the love we share as a family reflect the amazing love you have poured into our lives. In Jesus' name, we pray. Amen.

#LoveInAction

Create a “Love Jar” and put it in a common area in the house, and put a stack of post it notes next to it.

- **Throughout the week, when you have a moment where you feel loved by one of your family members, write it down (or draw a picture) about what they did, and how it made you feel - and put it in the jar.**
- **At the end of the week, you can sit down together and read through the post it notes as a family.**



We Love
Because
He First
Loved Us
1 JOHN 4:19



Love
is
an
action

JOHN 13:34



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