

# LOVE

## *Bearing fruit at home*

### *What is love?*

Love is a choice, not a feeling or emotion.

It is a choice to meet the needs of others.

We can learn about love from the

One who is love.

*A new command I give you: Love one another. As I have loved you, so you must love one another.*

*John 13:34*

# Parents / Kids

## BEST USE

A family activity to talk about how love grows when we stay connected to God

## ADVANCE PREP

A Bible and a deflated balloon

### *Step One*

Read Galatians 5:22-23. Start your family time by discussing that the fruit of the Spirit is something that you will be talking about over the next several weeks. This first week will be a focus on the first fruit, love.

### *Step Two*

Give each person 30 seconds to name or go find things they love.

### *Step Three*

Hold up the deflated balloon and explain that it represents human love. It is nice, but could be much more by connecting to God's love. When He breathes into our version of love (the deflated balloon), it becomes something much, much better.

### *Step Four*

Read 1 John 4:16. Talk about some ways that you can "live in God" (e.g. spending time in His Word, talking to Him in prayer, obeying and trusting His commands, etc.). As each way is shared, blow a small amount into the balloon to inflate it. When we connect to God, He helps us make our love more like His.

### *Step Five*

Play a game with the inflated balloon. Throw the balloon in the air and whoever catches it shares one way they can show love to someone else. For a more challenging game: Take turns tapping it into the air and see how long the family can keep it up by naming one way to show love to each other with each tap. Try not to run out of ideas or the balloon will fall to the floor.

### *Step Six*

Pray together asking God to help each of you stay connected to Him so that you will grow in love.