



Activity

In our story today, Jesus talks about how we should treat each other. He tells us we shouldn't judge each other but should show love and kindness to each other. Even if people don't treat us well, Jesus tells us we should show them mercy, love, and forgiveness. This can be hard, but is also a really good thing.

When people are unkind to each other, they spread unkindness. When someone is kind to someone, even when that person was unkind to them, it stops the unkindness and spreads love instead.

Becoming kind and forgiving when others are unkind to us takes practice. One way to practice is writing forgiveness letters. Think of a time when someone was unkind to you which you are ready to forgive them for.

Take some time to write a letter saying you forgive them. This letter is just for you; you do not need to give it to them, and it is always your choice to offer forgiveness when you are ready.

Writing the letter can help you notice what feelings arise when it comes to forgiveness.

Alternate Activity

Our passage comes from a part of the Bible called the "Sermon on the Plain." In it, Jesus talks about how we should treat people. He tells us we should show kindness, mercy, and love to all people, even people we don't like or people who might not like us. Jesus tells us not to judge people and assume bad things about them, but rather, treat people the way we'd like to be treated. He reminds us God is merciful and we should be merciful, too.

Following Jesus' instructions is good because it spreads God's love in the world, and it can also be difficult. It's hard to be kind to someone who isn't kind to you. When you don't like someone, focusing on other feelings can be a real challenge.

It's helpful to express our feelings in healthy ways so we can focus on kindness and mercy. One way we can do that is through a body shakedown.

Give yourself lots of space for your body to move around. Close your eyes and allow yourself to feel any hard feelings you might have. Maybe you are angry about something that didn't go your way during the week. Maybe you are frustrated about something that happened. Maybe you are disappointed or annoyed or hurt. It's okay to have any of these feelings.

As you think about them, pull your arms and legs in tightly against your body and count to ten. When you get to ten, release your feelings through your body by shaking your arms and legs.

Make sure you take a deep breath as you do this. Feel free to repeat this if you still need to release some feelings.



Micropractice

When you are angry with someone, Jesus understands that feeling! It may be difficult to remember to treat that person with respect. Close your eyes and imagine them in the palm of God's hand. Breathe a prayer of lovingkindness for them.



Download a graphic to share with your community and on social media. You can download it here: illstrtdm.in/minirevCAE7



Prayer

Merciful God, you call us to show your love to everyone, not just those we like. Help us love others even when it's hard, and remind us to be kind as you are kind. Amen.

February 20 – Luke 6:27-38 – Mini Rev. Sermon on the Plain – Like and Love. “Golden Rule”. Activity: Body shake-down

Packet Materials: Mini-Rev Activity page/Activity instructions, Storybook

Activity Instructions: Is there a difference between like and love? Jesus said that you don't always have to like a person or their actions to love them as God loves all of us. It's just a lot easier to love people who we like and know, or who know and like us. Jesus wanted people to imagine and know that there can be peace and love between people who don't like or know each other at all! It can be hard because of all the feelings. But we humans can be aware of our feelings, and God is with us in all of them. Jesus taught us that we can also grow or transform them if we try. “Trying” to do this is something that most faiths and cultures have in common. Some call it The Golden Rule: Do unto others as you would want them to do unto you.

Activity: Sometimes strong feelings can get in the way of loving one another. When this happens, try the “Body Shakedown” exercise on the Mini-Revolutions Activity Page to release those feelings. Do it several times. Maybe turn on some music and dance while you “shake it off”.