
Love

Christians believe that God is love, that this is where love comes from. Real love needs a relationship, for sharing and helping. Christians see this in the never-ending friendship between God the Father, God the Son and God the Holy Spirit.

Christians also believe that when Jesus was on Earth, his friends and enemies rejected him. Jesus loved them equally, choosing to forgive, even when it meant he was hurt.

Think about what love means to you. How and when can you show love?

Decorate a piece of string with pens. As you use different colours for different people, think about how you could show love to people around you. Then tie a knot in the string and follow the circle with your finger, to remind you that real love is never-ending.

Joy

What makes you joyful?

There is a well-known story in the Bible about a son who left his father's home and went looking for joy in all the wrong places. When he had run out of food, money and friends, he returned home. His father welcomed him back with open arms.

Christians believe that God is this loving Father, who can give them true joy, by loving God and loving people around them.

Have a look at the colourful aqua beads. Gently pick some up and hold them carefully in your hands. As you look at them, say a thank you prayer or thought for all the things, places and people that give you joy, either out loud or in your head. As you let the beads flow back into the bowl, give thanks for them one by one.

Peace

Can you imagine a world where there were no wars or fighting?
What about a world with no arguing or hurt feelings?
What would this world be like?

Christians believe that this is the world that God created- He wants there to be peace between everyone and that He asks them to 'keep the peace' and be kind to others with His help, even when this is hard.

Draw around your hand and then cut it out. As you do this, think about how you can help people to work together instead of arguing, this could be at school or at home. Stick your paper hand onto a shape and if you like, you could ask God to help you show peace to others, even when they hurt you.

Kindness

How can you help other people more?

Do you notice when other people need help?

We show kindness when we put other people before ourselves. We can all make a difference to the people around us, by being kind with our actions, words and thoughts.

Take a challenge from the jar. Read it but keep it a secret. See if you can complete that challenge and help others. Keep the slip of paper as a reminder of how you can help others.