

WHAT KEEPS YOU FROM CONNECTING WITH OTHERS?



DAY 5

Have you ever thought about the fact that we all have the same 24 hours every day? Sure, we all have different commitments and different schedules, but the truth is, we do get to pick how we spend much of our time. And how we spend our time shows others what we value.

Do your friends and family know that you love them? Maybe you tell them that a lot, or give them hugs or fist pumps. But if you're not taking time out of your day to connect with them, talk with them, or find out what's going on in their lives, they may not be feeling quite as loved you as you think they are.

Pick a time of day when you can safely set an alarm to remind you to show love to others with your time. You can ask your smart devices at home to remind you, or set the alarm on your watch. When the alarm goes off, you can email a friend just some fun emojis and say "Miss you!" Or maybe you can walk to another room and check in with a family member and ask them if they need help with anything.

Then take the next step and make the alarm a recurring one, so it will go off every day until it's a habit for you to love others with your time.



LOVE

CHOOSING TO TREAT OTHERS THE WAY YOU WANT TO BE TREATED

DAY 1

Go to Studio252.tv and watch this week's episode of The So & So Show. (Click on Fun2Watch! then The So & So Show.)

Even if you already saw it at church, feel free to check it out again!

SO & SO TOP 3

After watching, write one thing that . . .

- 1) YOU LIKED: _____
- 2) YOU LEARNED: _____
- 3) YOU'D LIKE TO KNOW: _____

DAY 2

READ LUKE 10:38-42

As you read the verses again, circle the word that represents all that was distracting Martha from connecting with others, and specifically Jesus. You'll find this word four times. Write it here: _ _ _ _ _

There's something really cool about the fact that Jesus doesn't mention exactly what all those "things" were that were keeping Martha from spending time with others. Sometimes when things get too specific, it's easy for us to think, "Well, I'm not like that. I don't struggle with cleaning the house or baking bread instead of spending time with God or my friends." But Jesus doesn't get that specific here, so we can assume that anything that keeps us from showing love to others is a problem.

Whatever your "things" are that keep you from choosing the "better thing" that Jesus mentions (taking time to show love to others), the good news is that today is a new day in which you can choose "the better thing!"

DAY 4

Have you ever had a conversation with someone where you could tell they weren't really listening? Maybe they had their face buried in a phone or facing the TV, and they weren't even really pretending to listen. Or maybe they just generally seem disinterested. How does that make you feel? Probably not great, and not loved, right?

TODAY, instead of talking to everyone about your own life, ask them questions about theirs. Show others that you love them by finding out

DAY 3

Mary probably had as many things to do as Martha did but first she took time to sit at Jesus' feet and connect with Him, learn from Him, and listen to Him.

No matter what you have to do today, taking time to talk with God is time well spent. Have you ever felt overwhelmed by all you have to do? Here's a fun little secret: If you will take a couple of minutes to connect with God in prayer, you'll probably find that you'll be in much better shape to knock out that to-do list. When you connect with God, you'll find the strength, energy, peace, and patience you need to face whatever "things" you have to do.

Have you ever heard of the serenity prayer? It's a great prayer to pray even when you don't think you have time to pray. It reminds us that we're not in control of the day, but that God is. Write out the words to this prayer somewhere that you'll see it.

"God, grant me the serenity (peace) to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."

The next time you're either overwhelmed by all you have to do and feeling disconnected from God take a minute to talk to God and ask for peace, courage, and wisdom to choose the better "thing:" Love.

what is going on in their life. How you can pray for them? How can you help them? Don't talk so much—instead, let others talk to you. Then come back to this paper and write down three things you learned about others today by choosing to let them talk instead of always talking yourself.
