

WHEN IS IT HARD TO LOVE OTHERS?

DAY 5

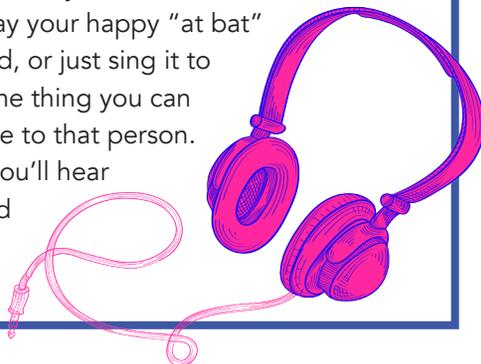
Do you have that song that comes on the radio in the car or pops up on your device that drives you crazy? Maybe you liked it at first, but you've heard it too many times, or maybe it's been annoying from the very beginning to you.

Write the name of the song here: _____

Now, think about a song that you love, one that makes you smile, tap your foot or sing along. _____

Sometimes when we have to interact with certain people, it feels like that annoying song has come on, and the last thing we want to do is stick around and listen to it. One thing that can help is changing the station. When you find yourself getting annoyed or mad at someone, change the song in your head to something you love.

Think of that song you love that you wrote above as your "at bat" song. When baseball players come up to the plate, sometimes they play a fun song that the player likes. Every time you have to interact with the person you're struggling to love, play your happy "at bat" song—either actually play it out loud, or just sing it to yourself if you need to. Then pick one thing you can do in the moment that will show love to that person. And who knows maybe eventually you'll hear a different song playing in your head when you see them.



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 MATTHEW 5:43-47

As you read through Matthew 5:43-47, circle the people that Jesus talks about who you think are easy to love (you should have five circles).

Now, read back through it and underline the people that Jesus mentions who you think are harder to love (you should find at least five).

It's pretty easy to love your neighbors, good people, and people who love you, isn't it? But what about people who hurt you? Yep, Jesus said you're supposed to love them too.

There are always going to be people who see the world differently than you do. Or who are unkind or even mean. But even those people were made by God, and He loves them as much as He loves you. Thankfully, God can give you the power to love everyone, even your enemies.

DAY 3

Did you know one of the best ways to show love to your enemies is to pray for them? It also can change your heart toward that person—it's hard to stay mad at someone when you're always talking to God about them!

Make a list of people you find harder to love. If there's any chance one of them might see your list, just write initials. Then take a few minutes and pray for each one of them by name. Here are some things you might talk to God about:

- 1) **The reason you find it hard to love them (such as something mean they've done to you)**
- 2) **Ask God to help you love them**
- 3) **Thank God for something good about that person**
- 4) **Ask God to help you see even more good in that person**
- 5) **Ask God to help that person have a great day today**

Close your prayer by thanking God for loving you, even when you are the person who's hard to love.

DAY 4

Do you have someone in your life that you know you can trust to vent to? Like if you're having a bad day or someone is being mean to you, you can go to that person and tell them about it, and you know they'll help you feel better.

Today, talk to that trusted person about someone who you're having a hard time loving. But instead of talking about the things that make them hard to love, focus on the positive. Try to talk about the things that are

good about that person. And if you're still tempted to complain about how they treat you, instead, think about what might be causing them to act that way (e.g., they're going through something hard at home; they're failing a class, etc.).

End your conversation with your friend by saying a prayer for that "hard to love" person and remind each other that you can **love others because they matter to God.**