



Love: Youth Session

Activity

Why not bake or buy some heart shaped cookies & decorate them. You could encourage your youth to give them to someone in their parish or munch on them while you have your discussion.

Discussion Questions

1. What do you love most?
2. What do you think God's love looks like? Read 1 John 4v9-11

"God showed how much he loved us by sending his one and only Son into the world so that we might have eternal life through him. This is real love—not that we loved God, but that he loved us and sent his Son as a sacrifice to take away our sins. Dear friends, since God loved us that much, we surely ought to love each other." 1 John 4:9-11

3. What are the affects of God's love in our lives?
4. Can you think of an example when you have felt loved by someone?
5. How can you love those around you?

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Reflective Activity: I want you to meet him

- Read the words below slowly and clearly. You can encourage young people close their eyes and let them have time to consider who Jesus is.

I want you to meet him.

He speaks truth.

He knows what is on your heart.

He is patient. He is confident and wise.

He doesn't talk continuously about how amazing he is.

He wants to know you.

He doesn't remember when you left him out or excluded him.

He is so kind. He would do anything for you.

He never gives up on you. Never.

He is always glad when you speak to him.

He loves when justice happens and his heart breaks when the world is difficult.

He is not precious about being what people expect him to be.

He looks after those who need to be looked after.

He will never let you be separated from him.

He fights for you.

He is not fake. He really loves.

He gives up the good things he has, for your goodness and life.

He is willing to suffer in your place.

He calls you. He calls you to love him. He calls you to love others like he loves.

He gives generously to you.

He is gentle.

He is comforter and you can find refuge in him.

He is God. He lived as a man. He is Jesus. He loves.

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Video: 0-100 What is love?

A fun video that shows lots of responses from people of different ages to what they think love is.

https://www.youtube.com/watch?v=_UWKGzqMwso

Challenge Activity

Ask the young people to think of someone they find it difficult to love. It might be someone in school who doesn't have many friends or a neighbour who is older. Challenge them to share the name with you and to show God's love to this person during the week or before the group meets again. Ask them how God shows his love to us, or how Jesus displayed love - then what could they do for another person that would display this? You might want to get them to set an alarm on their phone to remind them or ask them if they need any help or text a reminder to the parents to encourage their young person to carry out their task.