



UNSTOPPABLE

Devotional

Ages 8-12

This book belongs to



1 John 3:16

This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters.

Read more: John 3:16

When you hear the word UNSTOPPABLE what do you think of? A zooming asteroid, a roaring lion, a hurtling train, a giant redwood tree, an athlete racing to the finish line?

Draw something unstoppable here:

Have you ever thought about LOVE being unstoppable?

Exploration

The Bible talks a lot about love. Especially about God's love. This verse calls it REAL LOVE. What is God's REAL LOVE like?

REAL LOVE is Jesus giving His life for each one of us in this world. It is self-giving and sacrificial.

You could write or draw your thoughts here to help you wonder.

Here are a few to get you started:

POWERFUL
AND Patient
WIN Fearless



UNSTOPPABLE means impossible to halt or prevent. It can also mean a refusal to give up or overcoming any obstacle or setback. Think about how God's REAL LOVE towards the world is UNSTOPPABLE.

Nothing can halt His love.

Nothing can block it.

Nothing can stand in its way.

Nothing can deflect or steer it off track.

His love is relentlessly pursuing us, through the death and life of Jesus. WOW! It's amazing, mind-blowing, heart-filling, fear-crushing LOVE.

Get creative and decorate:

UNSTOPPABLE

Bible challenge

Can you find the verse 1 John 3:16 in your Bible? Can you learn it off by heart?

Here are some ways to help:

Create a bookmark or picture using bright pens or decorations and use in your favourite book or stick up where you'll see it.

Say it in silly voices.

Race another family member - who can remember it first?

Write it out and chop it up. Can you put it back together?

Challenge someone else to do it.

Prayer

Take a moment to be still.

Move any distractions away.

Breathe slowly two times and talk to God:

Thank you God for your REAL LOVE in Jesus. Thank you that it is UNSTOPPABLE.

Help me to receive this love for myself and to know that it is for everyone too. Amen.

Why not imagine God's unstoppable love coming towards you or the world.

What can you see, hear or feel?

Spend time receiving this love today!

John 10:11

"I am the Good Shepherd. The Good Shepherd lays down his life for the sheep."

Read more about Jesus the Good Shepherd: John 10:1-18

Have you ever walked along a sheep track in the countryside? What was it like? Was it a helpful short cut or a dead end? Sheep tracks are often winding, meandering paths, going in lots of different random directions. They can even lead you off the correct path and get you in a muddle!

Sheep love to wander. They are mostly interested in munching grass, not paying attention to where they are - they need their shepherd to help them stay on track and not get lost.

Exploration

What does a shepherd do for their sheep? They provide, protect, guide, care, clean. **Can you think of anything else?**

Jesus says he is the Good Shepherd and we can be his sheep!

He shows us God's unstoppable love by the way he leads, guides, protects, provides and cares for us. And he also rescues! The ultimate expression of this amazing love is Jesus choosing to give his life for the sheep.

Sheep caught in a fence or lost on a meandering track cannot save themselves - they need the shepherd to rescue them. And we cannot save ourselves - we can get in a tangle and a muddle in our own lives.



The Bible says we ALL need saving or rescuing from the wrong things we do: the mad, bad and sad things that get in the way of us and God.

Can you think of anything that gets in the way of you and God?

You could draw a wiggly track and write it on here:

The great news is Jesus' unstoppable love means he chose to die and defeat all these things, anything that's in the way, to rescue us and bring us close to God's heart again!

Have you every said YES to this unstoppable LOVE in Jesus?

Have you realised that you are like a sheep that needs a shepherd, the GOOD SHEPHERD - Jesus?

Create an obstacle course

Will it be indoors or outside? What will you use: blankets, cushions, hula hoops, boxes, cones, tunnels, soft balls, bean bags...

How will you set it out? Can you include jumping, crawling, throwing, balancing? Can you time yourself?

As you enjoy your obstacle course think about how Jesus is with you. He overcomes any obstacles and rescues you! Challenge others to complete your amazing obstacle course too!

Prayer

Take a moment to be still. Move any distractions away. Breathe slowly two times and talk to God: Thank you Jesus that you are the Good Shepherd and I am your sheep. Thank you that you guide, protect, care for and rescue me. Help me to know your unstoppable rescuing love today. Amen.

Why not imagine you are going on an adventure with Jesus, the Good Shepherd. Where are you going? What can you see or hear? What is Jesus showing you? Enjoy spending time with him.



John 10:11

"My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one's life for one's friends. You are my friends if you do what I command."

Read more about love and friendship: John 15:12-17

What is the greatest thing you can think of? Is it in space or on the earth, is it near or far away, is it real or in your imagination?

Why not draw it here:

Exploration

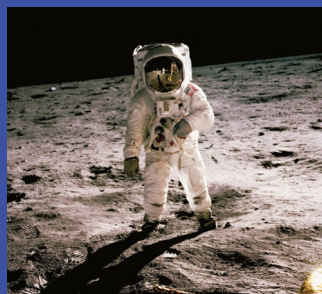
We've explored REAL LOVE, RESCUING LOVE and now we are thinking about the GREATEST LOVE.

Whatever you considered the greatest thing to be, God's love is greater still!

When Jesus measures love He isn't using weighing scales or a ruler or a timer. He is using HIS love as the measuring standard - a love that gives; a love that sacrifices itself for the benefit of someone else.

Who do you love most? How do you show them that you love them?

Have you ever given up anything important to you to show them love, such as your time, energy, money, possessions...? How did that feel?



Imagine giving up more than that - imagine giving up everything? This is what Jesus chose to do for the whole world, His friends and His enemies! For everyone!

He chose to give up everything:

His own life

His time on earth

His close connection with Father God

His royal rights as the King of Kings

His place in heaven...

What else can you think of?

Jesus' great love science experiment

Use washable felt-tips to draw a heart, cross or any shape onto a paper towel.

Gently place it in a bowl of water. What happens to the shape?

The water absorbs the ink and it spreads, growing greater.

Be thankful for God's great love that fills our hearts and spills over to others.

Prayer

Take a moment to be still. Move any distractions away. Breathe slowly two times and talk to God: Thank you Jesus for your love, it is the GREATEST! Help me to understand more of this enormous, unstoppable love for me and those around me. Help me to be like you. Holy Spirit, show me ways to love others with your great love. Amen.

Why not imagine Jesus' great big love. What does it look like? How does it feel? What is happening? Spend time resting in this love.



John 10:11

You see, at just the right time, when we were still powerless, Christ died for the ungodly. Very rarely will anyone die for a righteous person, though for a good person someone might possibly dare to die. But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

Read more about love and friendship: John 15:12-17

Have you ever been away from your family for a few days, maybe on a school residential or visiting grandparents?

How did it feel to be far away from those you love? Did you miss them? What was it like to be home again?

Today we are thinking about how God's love REACHES OUT to us, even if we are far away from Him.

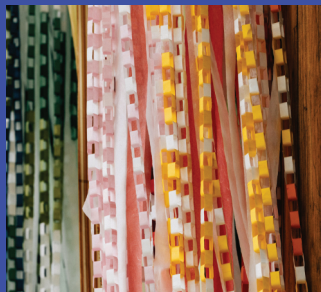
Exploration

Imagine if you were away from your family or loved ones for a really long time - what would you miss most? You'd want to reach out... It would feel so good to be together again...

Imagine how Father God, Jesus and the Holy Spirit feel when people are far away from Him - separated from His love and closeness.

The Bible says that Jesus died for everyone, even though we were really far away and separated from Him. His love reaches out to us. Our distance, our sin, our unbelief, just cannot halt Jesus' unstoppable love.

We don't have to try harder or seek to deserve or earn God's love.



He reaches out to us and draws us close. His love does all the hard work.

All we need to do is to believe and receive it. It is that simple.

Do you feel far from God? Do you feel you've made too many mistakes? Do you feel like you have to deserve his love?

The great news is we ALL need God - no one is better than anyone else. It doesn't matter how you look, what you are good at, where you live, if you have lots of friends or a few - Jesus chooses you and reaches out to you.

You can receive this truth and ask to know and experience His incredible unstoppable love TODAY!

Draw or write about how close you feel to God:

Paper chain prayers

Fold a long strip of paper or card into a concertina shape. Draw a person on one side. Ensure their hands and feet reach the folded edges of the paper. Carefully cut out your person, but don't cut along the fold.

When you open it out you should have a paper chain of people. The first person could be Jesus! Who would you like to be close to Him? What about yourself?

Decorate the people and pray for them to know God's unstoppable love reaching out to them!

Prayer

Take a moment to be still. Move any distractions away. Breathe slowly two times and talk to God: Thank you Jesus for choosing us, even when we were far away from you. Thank you for reaching out and drawing us close to you. Help me to receive the truth that I am loved and near to your heart. Amen.

Why not imagine Jesus is calling your name and looking for you, like playing hide and seek. What happens when you are found by Jesus? How does it feel to be close to Him?



John 3:16

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

Read more about God's love for us: Romans 8

Have you ever had one of those weeks at school where everything seems to go wrong and you feel like you've messed up way too many times? Maybe you got told off, fell out with a friend, or said something you wish you could rewind. Sometimes it can feel really hard to walk back through the school gates when the day before felt like a total disaster. You might worry that you've messed up one too many times and that no one will want to hang out with you anymore.

Exploration

Do you like birthdays and Christmas? There's yummy food, friends and family, and then... a present waiting just for you! Can you remember the best gift you've ever received? The kind that made you feel excited, joyful, and fizzy inside — like opening a shaken bottle of pop!

Why not draw it here:



God loves us sooo much that He gave the greatest gift ever — Jesus! Jesus came to show us exactly what God the Father's love looks like. Jesus healed people, forgave people, cared for people, and gave His life to show God's love. People thought teasing Jesus would stop Him. They thought unkind rulers would stop Him. They thought even killing Him would stop Him... but no! Jesus came back to life! God's love is unstoppable — nothing can separate us from it.

Jesus told a story to help us understand this love. Once there was a kid who said, "Dad, give me my money now!" He zoomed off and spent it all on nonsense. When the money and snacks ran out, life got pretty rough. He decided to go home and say sorry — but before he even finished his sorry speech, his dad ran to him, hugged him tight, and threw a huge party!

That's what God's love is like:

- It runs towards us
- It forgives us and removes shame
- It celebrates us, because God thinks we are amazing

Imagine you're running a race and at the finish line is God

When you look at the racecourse, does it feel clear — or are there hurdles in the way? Maybe the hurdles are worries, mistakes, or feeling like God doesn't really love you. Take a moment to think about one hurdle and talk to God about it. Remember the dad in the story — as soon as he saw his son, he ran toward him. God is running toward you too — and nothing can stop Him!

Prayer

Take a moment to be still. Move any distractions away. Breathe slowly two times and talk to God: God, thank You that Your love is unstoppable and never gives up on me. Thank You that no matter how far away I feel, You are always running toward me. Thank You for sending Jesus to show me how much You love me. Help me know that I am fully known and fully loved by You. Amen.



Romans 2:11

"For God does not show favouritism."

Matthew 5:44

"But I tell you, love your enemies and pray for those who persecute you."

Have you ever shared pizza with friends or family and discovered pineapple on it? Is your reaction "Yuck! No way!" or "Yum! Delicious!" Welcome to the great pizza debate.

Sometimes it's easiest to stick with people who agree with us. But what about people who are different from us, difficult, or hurt us — especially those who strongly disagree with us in the great pizza debate?

Why not draw your favourite pizza here:



Exploration

God's love for you is unconditional — woohoo! That feels amazing! God's love for the person who is unkind on the playground? Umm... awkward. Why would God love them? Doesn't He know what they're really like?!

Yes, God knows exactly what they are like — and what we are like too — and He still offers everyone His unstoppable love. And here comes the hard part: God asks us to love like Him, even loving people we might call enemies. That's not easy. That's why God gives us a helper — the Holy Spirit — to help us love in safe and wise ways.

The Bible doesn't pretend this is easy. In Acts, there was a man called Paul who was a villain to Christians. Then God changed his life! But a man named Ananias hadn't heard the good news yet, so when God told him to go see Paul, Ananias was like, "Nope. Terrible idea." But he obeyed — and saw God's unstoppable love at work.

God's love doesn't stop at "good" people or "deserving" people. And if God loves them, we're invited to reflect that love too.

Acts of kindness

Think of one person you find hard to get along with.

Choose one small act of kindness you can do for them this week.

Ask Jesus to help you while you do it.

Prayer

Take a moment to be still. Move any distractions away. Breathe slowly two times and talk to God: God, thank You that Your love is for everyone. Help me love people I find difficult. Holy Spirit, please help me do this. Amen.



John 4:9-10

"This is how God showed his love among us: He sent his one and only son into the world that we might live through him. This is love: not that we loved God, but that he loved us..."

1 John 3:18

"Let us not love with words or speech but with actions and in truth."

Read more: John 13:1-17 (Jesus washes the disciples' feet)

Have you ever told someone, "I love you," and then straight after they ask you for help and you say, "Nah... not right now"? Saying "I love you" can be pretty easy. But real love isn't just something we say — it's something we show. So how does God show us His love? **Why not write or draw it here:**

Exploration

Jesus didn't just talk about love — Jesus did love — to show us what the Father is like.

Jesus served and Jesus loved — to show us how the Father loves. Jesus ate with people and Jesus loved — to show us how the Father loves. Jesus prayed and Jesus loved — to show us how the Father loves. Jesus died and Jesus loved — to show us how the Father loves. Jesus rose again and Jesus loved — to show us how the Father loves. This wasn't just Jesus' job.



We are invited on the most exciting adventure too! That means we get to show God's love in real ways. *Insert your name here* did and loved. *Insert your name here* served and loved. *Insert your name here* ate, prayed, and cared — to show others how our Father loves.

Jesus didn't just love with words — He loved with actions. And we're invited to do the same.

"This is how God showed his love to us: He sent his only Son into the world so we could live through him. True love is God's love for us... God loved us so much that He sent His Son. So we must love each other." — 1 John 4:9-12

True love is God's love for us, shown through Jesus. Jesus didn't just say, "I love you." He showed it again and again. One powerful way Jesus showed His love was when He washed His friends' feet. Their feet were dusty, muddy, and probably a bit smelly after walking all day. Foot-washing was usually the job no one wanted — the servant's job. But Jesus, the King of Kings, knelt down and washed their grubby feet to show them how much He loved them.

God's love is:

- Meaningful — it chooses to act
- Costly — it gives even when it's hard
- Practical — it's real love, not just nice words

Secret kindness

This week, do a few secret kind things for people — and don't tell anyone! Instead, enjoy chatting to God about it. No showing off, no credit — just love.

Prayer

Take a moment to be still. Move any distractions away. Breathe slowly two times and talk to God: God, thank You for showing me what real love looks like through Jesus. Help me not just talk about love, but live it out. Show me small ways I can serve and care for others today. Amen.





God's Unstoppable Love Lavished On Us



John 10:11

"See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know Him."

Who's child are you?

What's one good thing about being in your family? Maybe a best meal? A fun tradition? Something you always get?

Why not write or draw some things here:

Exploration

I have a friend whose parents work in the music industry. His mum works for a big festival company, and his dad works for a record label. Every year, he got to go to huge festivals like Glastonbury... for free! Backstage passes, amazing music, meeting famous people, all because he was their son.

Meanwhile, my mum worked at my primary school... So my "perk" was getting to school early. Not quite the same! Being part of a family says something about who you are. Sometimes it even changes what you get access to, or how you're treated.

Our Bible passage today says something amazing: God calls us His children. That means we're part of God's family.

And being in God's family comes with something even better than free festival tickets.

It means:

- You are loved
- You belong
- You matter to God

The world might try to tell you that your value comes from being clever, sporty, popular, or funny. But God doesn't love you because of any of those things. He loves you because you are His child. I've got an old teddy from when I was a baby. In its prime it was a big fluffy rabbit, but now it's lost all its fur and its head is pretty close to falling off. Definitely not impressive. But I love it. Not because of what it can do, but because it's mine. God loves you even more than that. You don't have to impress Him. You don't have to earn it. You are His child.

Remember who you are

Next time you feel left out, not good enough, or compared to others, say this to yourself: "I am God's child. I belong to Him."

You could even write it somewhere: on your mirror, your notebook, or your phone background or in the space below.

Prayer

Take a moment to be still. Move any distractions away. Breathe slowly two times and talk to God: God, thank you that I am Your child. Help me to remember that I belong to You, even when I feel unsure. Show me what it means to live as part of Your family. Amen.



This week I am reminding myself that:

Exodus 14:29

But the Israelites went through the sea on dry ground, with a wall of water on their right and on their left.

Read more: Exodus 14:21-30

Have you ever needed help? Or to be rescued? Maybe you were stuck, scared, or couldn't fix something on your own.

How did that make you feel?

Exploration

I love kayaking. Once, when my sisters visited me, I took them out on the sea. I was in a kayak, and they were on paddleboards.

I had checked the weather. It was meant to be calm... until 4pm. We had a great day exploring, swimming, and stopping for lunch. But then I checked the time. It was getting late. The wind was picking up.

We needed to go back. But we stayed out a bit longer...

And suddenly, things got difficult. The wind got strong. We were tired. One of my sisters was struggling, so I helped tow her.

Then I turned around... and my other sister was gone. The wind had pushed her far away. We were in real trouble.



We had to call for help, and thankfully, the coastguard came to rescue us. We couldn't save ourselves. If they hadn't come and saved us, we would have been lost at sea.

In the Bible, God's people needed rescuing too. Moses was leading the people out of Egypt when the Egyptian army started chasing them. They got trapped by the Red Sea.

There was no way out. They were done for.

But God rescued them.

He made a path through the sea so they could escape. The sea split in two!

Sometimes in life, things go wrong. We might try to fix everything ourselves, but some things are too big.

God rescues us too. He saves us from the things we can't handle on our own. When we feel anxious or overwhelmed, we can ask God to help us.

How does it feel to know that God is our rescuer?

Ask for help

Is there something in your life that feels too big to handle on your own?

This week, try asking God for help with it.

You could also talk to a trusted adult. God often uses people to help rescue us too.

Prayer

Take a moment to be still. Move any distractions away. Breathe slowly two times and talk to God: Jesus, I need your help. Thank you that you rescue me when I can't fix things on my own. Please help me with the things I'm facing right now. Things I'm stuck in or things that feel hopeless. Be with me and guide me. Amen.



Ephesians 1:4-5

For He chose us in Him before the creation of the world to be holy and blameless in His sight. In love He predestined us for adoption to sonship through Jesus Christ, in accordance with His pleasure and will.

When were you last chosen for something? Maybe for a team, a game...or maybe you've felt left out before.

How did that make you feel?

Exploration

At school, I wasn't great at sport. When it came to picking teams, I was usually one of the last to be chosen, especially for football! It didn't feel great.

But when it came to acting, it was different. I loved it, and I often got picked for big parts.

Until one day... I didn't.

I went to loads of auditions, hoping to get into drama school. I poured everything into those auditions. But over and over again, I heard the same thing: "You're not what we're looking for."

It really hurt. When I wasn't chosen, it felt like I wasn't enough. But I was wrong.

God doesn't choose people the way the world does.



Our Bible passage today says that before the world was even made, God chose you.

He wanted you in His family.

And it made Him happy to choose you.

It's too big for our brains to understand. That before the world even existed, before you were born, before you could even say hello – God loved you. And He chose you.

Take a moment to think about that. Why not write or draw any ideas here:

If everyone in the world lined up to be picked...

God would still choose you. He wants you on His team. Even if no one else does.

Not because you're the best. Not because you've earned it. But because He loves you.

Try to memorise part of the bible passage this week:

"Even before He made the world, God loved us and chose us..."

Say it when you wake up.

Say it when you feel left out.

Let it remind you who you are.

Prayer

Take a moment to be still. Move any distractions away. Breathe slowly two times and talk to God: God, thank you for choosing me. Even when I feel left out or not good enough, help me remember that you chose me. Thank you for loving me so much. Amen.



Exodus 2:14

The man said, "Who made you ruler and judge over us? Are you thinking of killing me as you killed the Egyptian?" Then Moses was afraid and thought, "What I did must have become known."

Read more: Exodus 2:11-15

Have you ever done something wrong... and wished you could undo it?

How did that make you feel?

Exploration

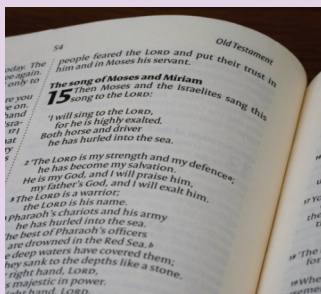
When we think about Moses, we often think of him as a hero... someone God used to rescue His people.

But before that, Moses really messed up.

He made a terrible choice, and killed someone. It can be hard to believe, that the same Moses who led God's people through the Red Sea was a murderer.

But the truth is: we all do the wrong thing. Everyone messes up in one way or another. Sometimes it's really small, and other times (like Moses) it's really big.

The Bible calls this sin. Sin means doing things our way instead of God's way.



When someone hurts us, it's easy to stay angry with them, and push them away.

But God isn't like that.

God didn't give up on Moses.

He forgave him.

And He still chose to use him for something amazing.

That's what God does for us too. He loves us so much, that He chooses not to push us away, but to draw us closer.

Because of Jesus, we can be forgiven. No matter what we've done, or how badly we've messed up.

Draw two islands with a gap between them. One island is 'me' the other is 'God'. Draw stepping stones across the water and write on each stone what God has done to bring you back to Him.

Is there something you need to say sorry to God for?

You can talk to Him right now. You don't need special words, just be honest.

And remember: when you say sorry, God forgives you straight away.

Prayer

Take a moment to be still. Move any distractions away. Breathe slowly two times and talk to God: God, I'm sorry for the wrong things I've done. Thank you that you forgive me. Help me to make better choices and live your way. Amen.



Genesis 16:13

She gave this name to the Lord who spoke to her: "You are the God who sees me," for she said, "I have now seen the One who sees me."

Read more: Genesis 16:7-10

If you could have any superpower what would you choose?

The ability to fly, to run super fast, to read people's minds, maybe even to be invisible? Imagine being invisible - where would you go? What would you do? How do you think it would feel? What cool things would you get up to?

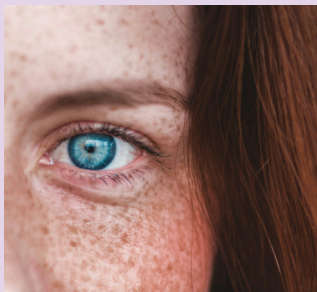
It might be fun to be invisible for a day or two but after a while it could be lonely and sad, with no one noticing you.

Exploration

It's fun to pretend or imagine that we are invisible for a game, but sometimes we can really feel like that during our day and it's definitely not much fun.

It's possible to feel like our true self isn't seen and known, even when we are with our friends or family, laughing or joking and joining in. I wonder if you have ever felt like that?

Hagar, in today's Bible reading from Genesis, certainly felt that way. There had been lots of arguments and unkindness in her home with Sarai and Abraham and she'd had enough of feeling invisible and overlooked. She was so hurt and upset that she ran away into the desert on her own! Oh no!



And that's when God showed up to be with her. He didn't wait until she had worked it all out and everything was sorted. He found her when she was messy, dusty and crying, and He called her by her name.

And guess what, Hagar did something nobody had ever done before in the Bible. In response to God's kindness, she gave God a name. She called Him "Yahweh El Roi", which means "The God Who Sees Me." WOW! She felt seen and known by God Himself!

The world around us is very busy and we can sometimes feel invisible in all the hurry and rushing. But the Bible reminds us that God is not distant or distracted. God is still the same today: just as He saw Hagar in the dusty desert, He sees you too.

Nothing about your life escapes His attention: an act of patience, a quiet prayer, a choice to love and be kind - God sees it all.

God never takes His eyes off you because His love for you is unending!

Staring contest

Have you ever had a staring contest with someone else?

You look into each other's eyes, no blinking allowed!

At first it is easy, but then it gets harder and harder, eyes start to smart and someone eventually caves in and blinks!

It's a fun game!

God's eyes are always on us - He never caves in! Why not remember that the next time you have a staring contest!

Prayer

Take a moment to be still. Move any distractions away. Breathe slowly two times and talk to God. Thank you, God, that you see me. Thank you that every part of my life is important to you. You know my name. You know where I am. You know my heart and you love me all the time. Amen.

Why not imagine playing hide and seek with Jesus! Where will you hide? What happens when Jesus finds you? Have fun with him. You are seen and known by Jesus.



Psalm 139:1-3

“You have searched me, Lord, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways.”

Read more: Psalm 139:1-18

Do you like finding out facts about science, animals, space or how things work?

Is there anything you are interested in that you just wish you knew more about?

What if you knew EVERYTHING about EVERYTHING! Wow, that would be a lot of facts and information to carry around in your head!

Exploration

Did you know that God knows EVERYTHING about EVERYTHING?

Yes, EVERYTHING! People, time, space, nature, art, books, the past, the future, all maths and all languages and every place on earth during all history! Amazing!

That's hard to get our heads round isn't it?

And God knows everything about each one of us too. Even our close family and friends don't know everything about us. Imagine if someone did? How would you feel if they knew all your good moments and ideas and choices AND all your mistakes, bad thoughts and regrets?



Eek! That would be scary. But here's the thing. God already knows all of it. Every thought before you think it. Every mistake before you make it. Every hidden corner of your heart. But, before you get worried or stressed out about that - the brilliant news is God still loves you.

This is amazing: God made you. He planned you. He knows you down to your tiniest bones. He even knows how many hairs are on your head! You are fully known, and you are fully loved.

Friends and family may know parts of us, but God knows everything—our thoughts, hopes and dreams, our joys and struggles—and he loves us completely.

We don't need to pretend or hide before God, either. He understands our hearts better than even we do, and nothing surprises Him. What great freedom! We can come to God exactly as we are!

God's knowledge of us is completely perfect and wonderfully true. Can you say: **“I am fully known and fully loved by God!”**

Fantastic facts

Choose one thing you'd love to discover more about - it could be something awesome in space or a really cool animal or insect, or even a far off country or amazing place you'd like to go to. Write it down in the middle of a piece of paper or a journal. As you find out fantastic facts jot or draw them on your Fact Finding sheet. See how many cool things you can discover. As you do this, remember that God knows everything about you and what you're looking into. He loves your journey of discovery!

Prayer

Take a moment to be still. Move any distractions away. Breathe slowly two times and talk to God. Thank you God that you know me completely and totally - everything tiny and everything big. Thank you for your deep love for me everyday. Help me to be real and honest with you. Amen.

Why not imagine Psalm 139 with Jesus? Imagine you are going anywhere and Jesus is right with you. What do you see, hear or feel? What would you like to tell Him or ask Him?



Joshua 1:9

‘Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.’

Read more: Matthew 28:20

Have you ever felt lonely? You may have been away from your family or perhaps you went somewhere you didn't know anyone else, like a new church or school.

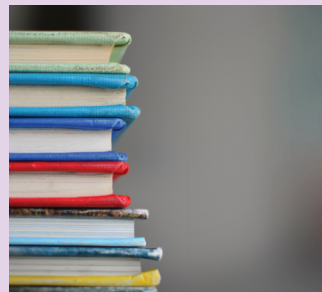
Can you remember how it felt to be on your own and not know anyone? What did you do? Who or what helped you?

Today we are thinking about how even when we feel all alone, God is still with us!

Exploration

Our bible verses today are about a man called Joshua. Have you heard of him? He had a BIG job to do. He was taking over from Moses, who had been leading God's people for decades. Moses had led them out of slavery in Egypt, through a sea on dry land, then through a dusty, hot desert for 40 years and now it was time for God's people to finally have their own land that God had been promising them for years and years. And Joshua was the man to do it!

This was a BIG moment for Joshua as he got ready to take over the leadership role. How do you think he felt? Can you pull a face to show that? Maybe he felt scared, worried, fearful, terrified, inadequate...But, what does God say to him?



Be strong and courageous. Do not be afraid; do not be discouraged, **for the Lord your God will be with you wherever you go.**

God is not saying “Joshua, try harder to be brave” or “I hope things work out for you”. He’s making a promise: **“Be strong, because I’m going with you. Don’t be afraid, because I’m not leaving your side. wherever you go, I go.”**

This promise isn't just for Joshua thousands of years ago, it is for us too. It doesn't depend on our feelings, remember Joshua was probably very scared. God promises to be with us whenever and wherever. God isn't far away - He's walking life with you. He never leaves your side. You are not on your own. Because God is faithful. He keeps his promise to always be with you!

That's why Jesus died and rose again for you, to bring you close to God, so you are never alone. So let's hold onto Jesus' words from the very end of Matthew's gospel, and if ever you feel alone or scared, let this truth fill your heart and mind:

Jesus is “with you always!”

I am never alone

Draw a circle in the middle of a piece of paper? Draw yourself inside it. Who is closest to you? Maybe it's your parents or a sibling. Draw them in there with you.

Draw another bigger circle, around the first one. Who are the people who are close to you next - it could be your friends or other family members. What about another circle after that? Where is Jesus in your circles? Draw him on your sheet. Remember he is always with you. He wants to be your closest friend.

Prayer

Take a moment to be still. Move any distractions away. Breathe slowly two times and talk to God. Thank you Jesus that you never leave me alone. Help me to feel your love and presence with me now. Amen.

You may want to put your hands out just to show you are open to Jesus. Let His love come and fill you. Believe that He is with you always - today, tonight and everyday. Why not draw or write about what happened when the love of Jesus filled you!





Week 3

Our Unstoppable Love For God



1 John 4:19

We love because he first loved us.

Read more: 1 John 4:7-21

Have you ever had someone do something so kind for you that you had to respond? Maybe they helped you when you were stuck, surprised you with a gift, or stood up for you when things were tough. You might say thank you, give them a hug, or try to do something kind back. It almost feels impossible not to respond when someone loves you that much — like trying to eat a doughnut without licking the sugar off your lips. It just happens!

Can you think of something kind someone has done for you?

Exploration

We were made to be loved — that's how God created us. And if we're made to be loved, it also means we're made to love. The Bible uses lots of pictures to help us understand who God is. Sometimes God is described like a shepherd, caring for and protecting sheep. But sometimes the Bible doesn't use a picture at all. It simply says this: God is love. Not just someone who loves — God is love.

The love we often see around us doesn't always last. Sometimes it sounds like: "I'll be nice to you if you're nice to me," or "I'll stick around as long as you don't mess up," or "I'll accept you if you fit in." That kind of love can feel heavy, like carrying a backpack full of rocks — always trying to impress, fit in, or be perfect.



But here's the amazing news: God loved you first, and God loved you at your worst. Before your best test score, your nicest moment, or your best behaviour — God already loved you. His love can't be earned or bought; it's already yours.

In Luke 19, there was a man named Zacchaeus. People didn't like him because he cheated them. One day, Zacchaeus climbed a tree just to see Jesus. Jesus stopped, looked up, and said, "Zacchaeus, come down. I'm coming to your house today." People were shocked! But Jesus loved Zacchaeus first — and that love changed everything. Zacchaeus couldn't help but respond by loving others and making things right.

What do you think Zacchaeus felt when Jesus asked him to come down?

God's love moves us to respond

Not because we have to, but because we want to.

Write down three ways God has shown love to you. They can be big or small.

Then think: How can I show that same love to someone else this week?

Prayer

Take a moment to be still. Move any distractions away. Breathe slowly two times and talk to God: Dear God, thank You that You loved me first and at my worst. Thank You that Your love is unstoppable. Help me notice Your love today and let it overflow to others. Amen.



Ways I plan to show love to someone this week:

John 4:23–24

Yet a time is coming and has now come when the true worshippers will worship the Father in the Spirit and in truth, for they are the kind of worshippers the Father seeks. God is spirit, and His worshippers must worship in the Spirit and in truth.”

When your favourite football team scores a winning goal, or your favourite song comes on, or you smell your favourite dinner cooking — you don't plan to celebrate. You just do. You cheer, smile, shout, or dance without thinking about it. Joy has a way of bursting out of us naturally.

Why not write or draw some things that bring you joy:

Exploration

Imagine your friend makes the most incredible piece of art in class. You might say, “That’s amazing!” — and then quickly tell your friend how talented they are. Now imagine creation: sunsets, oceans, animals, stars. When we say “Wow!” to creation, worship is turning that “Wow!” to the one who made it all — God.



Jesus says we should worship in spirit and truth. Worship in spirit means bringing our real selves — how we’re actually feeling. Worship in truth means remembering who God is, even when life feels hard.

King David danced with all his might when he was joyful, even when others judged him. Job chose to worship God even after losing everything. Mary poured expensive perfume on Jesus’ feet to show her love, even when people criticised her. In every story, worship wasn’t about looking cool — it was about responding to who God truly is.

Can you think of some ways you can worship God this week?

You could use the space below to write a song, draw a picture or write down how you feel about God:

Wholehearted worship

Take a few minutes today to worship God. You could put on a worship song and listen quietly, dance like David, thank God for who He is, or choose to praise Him even if today feels tough. Worship is showing God who He is to us — with our whole hearts.

Prayer

Take a moment to be still. Move any distractions away. Breathe slowly two times and talk to God: Dear God, thank You for who You are. Help me worship You honestly and bravely, no matter how I’m feeling. Teach me to keep my eyes on You in every moment. Amen.



John 15:4–5

Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.

Have you ever wanted to be like someone you admire? Maybe strong like a superhero, clever like a book character, or skilled like your friend at Minecraft.

Can you draw them here?

The more time you spend with someone, the more you start acting like them. Jesus invites us to do the same with Him.



Exploration

Jesus uses a picture of a vine and branches to explain how life works. The vine gives life, strength, and everything the branch needs. Without the vine, the branch can't grow fruit. Jesus says He is the vine — the true source of life.

Staying close to Jesus isn't about rules; it's about relationship. We stay connected by talking to Him, listening, spending time with Him, and asking for help. And we're not alone — the Holy Spirit helps us stay connected.

When we remain in Jesus, something amazing happens: we grow fruit. Just like apple trees grow apples, lives connected to Jesus grow love, kindness, patience, and joy. And here's the best part — branches don't strain or sweat to grow fruit. It grows naturally because they're connected. It's the same for us.

Draw a tree with some fruit on it. Write on the fruit what you want Jesus to grow in your life.

Think about your connection with Jesus

Is there a place where you're trying to do life on your own?

Choose one simple way to stay connected today — talk to God, read a Bible verse, or ask the Holy Spirit for guidance.

Remaining is about connection, not perfection.

Prayer

Take a moment to be still. Move any distractions away. Breathe slowly two times and talk to God: Dear Jesus, thank You that You are the vine and I am the branch. Help me stay close to You. Fill me with Your Holy Spirit and let Your life flow through me so I can grow fruit that shows Your love. Amen.



Matthew 22:37

Jesus said, "Love the Lord your God with all your heart and with all your soul and with all your mind."

Have you ever had to let go of something that was important to you to say YES to something better? Letting go isn't always easy. But sometimes, what you gain is far greater than what you leave behind.

How did it make you feel?

Exploration

Have you met Peter, one of Jesus' friends? He was a fisherman on the Sea of Galilee and in those days they used great big nets to catch the fish. Can you imagine those nets? They were super important to Peter and his crew. Without them, there would be no fishing, no fish, no income and then probably no dinner! Fishermen often spent a lot of their time cleaning and mending their nets - they were their livelihood, their source of security. But when Peter met Jesus, everything changed. Jesus said 'Follow me!' to Peter and he did just that, dropping his nets and that part of his life for Jesus. Peter didn't just leave fishing when he dropped his net, he dropped everything he had. He left comfort, control, security and what was familiar and instead, he chose to trust Jesus with everything. Peter did this because he knew that Jesus was totally worth it. He didn't really know what would happen next, but he trusted who Jesus was and that changed everything.



Letting go of that net must have been really tough, but Peter understood that what he would gain from being friends with Jesus was far far greater than what he left behind on that boat.

Another man, a rich young ruler (Matthew 19), had the same opportunity and invitation to follow Jesus, but he couldn't let go of his wealth - his security was in what he had, not who Jesus was, and he missed out big time!

Letting go, or surrender, isn't just giving things up, it means giving yourself to something much better. Peter was saying YES to Jesus with all of himself, trusting Him with his whole life, his heart, soul and mind, just like today's Bible verse. We can choose to do the same with the things we may want to hold onto: our plans, time, possessions, money, feelings, our hopes and dreams.

Surrendering to Jesus means holding everything with open hands because there may be moments where Jesus asks us to drop things, and then we have a choice: Do we hold on really tightly? Or do we surrender and trust Him and his kindness and goodness enough to let go?

Living like this is a daily choice of choosing God's way over our own way. Remember the great news is that we are never alone. The Holy Spirit is our helper - He will help us to say YES to Jesus, to let go and to choose well!

My whole heart

Draw a big heart or make a 3D one out of card, lego or play dough. Think about all the things you have that are important to you. Either write them in your heart or name them as you hold your 3D heart.

Can you picture giving your heart to Jesus? What does He do? What is asking of you or telling you? You can trust Him with your whole heart.

Prayer

Take a moment to be still. Move any distractions away. Breathe slowly two times and talk to God. Thank you Jesus that you are good and kind and that I can trust my whole life to you. Help me to learn to let go of anything I am holding onto too tightly. Help me to love you with my whole heart, soul and mind. Amen.



John 14:15

"If you love me, keep my commands."

Our grown-ups love to tell us to do things... "Tidy your room." "Load the dishwasher." "Lay the table." Have you ever heard an instruction and thought, "I could do that... but I really don't want to". Or, maybe you ignore it and hope they forget. The truth is, our grown-ups want us to obey them. But for lots of reasons, we don't always want to. Sometimes we're tired, sometimes we're busy, and sometimes...we just don't feel like it. Obedience isn't always easy.

Exploration

Jesus tells his friends that they should keep his commands. But here's the problem—there are LOTS of commands in the Bible, and people aren't very good at keeping them. So Jesus makes it simple. He gives us two big commands: 1. Love God with everything you have. 2. Love other people

Every other command fits into those two. Now, it's really important to understand why Jesus says this. Have you heard of the story Matilda? If not, Matilda is about two very different teachers: one who's mean and scary, and one who's kind and helps a girl called Matilda shine.

Jesus isn't like Miss Trunchbull from Matilda. Miss Trunchbull is mean, scary, and a bully. She makes loads of rules and expects children to follow them, but not because she cares about them—she just wants control. The children obey her because they're afraid of the punishment. But then there's Miss Honey who is kind, gentle, and loving.



She takes time to know the children and makes them feel safe and valued. When she asks them to do something, they want to do it. Not because they're scared—but because they love and trust her. When Jesus says, "If you love me, you will keep my commands," He's not trying to guilt us or boss us around. He's starting with love. Think about someone you really love—maybe a parent, carer, sibling, or friend. When they ask you to do something, you're much more likely to do it, not because you have to, but because you care about them. That's what Jesus is inviting us into. And it gets even better.

When we choose to love Jesus, He gives us the Holy Spirit to help us. So when loving God or loving people feels hard, we're not doing it alone. We have help. The verse says, "If you love me, you will keep my commands." It is a daily choice, not just something we do once, but instead, for the rest of our lives we can choose again and again to follow Jesus. That's what obedience is: Listening to Jesus and choosing to follow Him, over and over again. Sometimes that's hard. But think about this—Jesus chose to love you no matter what. He chose to go to the cross so that we could know God and have life with him. That wasn't easy. So when we choose to obey him, it's our way of saying: "Jesus, I love you too." Even when it feels a bit upside down compared to the world around us, it's actually a really beautiful way to live.

Choosing to love

Jesus gives us two commands: love God and love people.

Which one do you find hardest right now?

Write down some things you can do today to love others and love God.

Remember, you're not on your own. The Holy Spirit is there to help you.

Prayer

Take a moment to be still. Move any distractions away. Breathe slowly two times and talk to God: Thank you, Jesus, that you love me and chose to die on the cross for me so I can know you. Please help me to love you and to love other people. When it feels hard, help me to keep going. Holy Spirit, would you help me to follow you and obey you every day. Amen.



Daniel 3:17

"You can throw us into the blazing furnace. The God we serve is able to save us from the furnace and your power. If he does this, it is good."

Have you ever packed a bag for a holiday and it just doesn't all fit? No matter how you pack it—sit on it, squash it, rearrange everything it still won't fit! So you have to choose what is your priority and what are you willing to leave behind? Life is a bit like that too. We can't fit in everything, so we have to decide: what comes first. And sometimes that choice is tested...where following God isn't easy, and staying faithful really costs you.

Exploration

In today's story, we meet three friends: Shadrach, Meshach, and Abednego. And then there's King Nebuchadnezzar—the boss, the ruler, the one in charge. He builds a HUGE golden statue and tells everyone: "When the music plays, you must bow down and worship it." Everyone does...except these three friends. They refuse. Why? Because they only worship God. They had already decided who they were going to be faithful to, before the pressure came.

This makes the king furious. So he orders a fiery furnace to be heated up—super, super hot—and says they will be thrown into it. (Think giant oven... definitely not somewhere you want to be). He gives them one more chance: "Bow down, or you're going in." But they stay faithful. They say: "Our God can save us... but even if he doesn't, we will still not worship your statue." That is real faithfulness. Not just trusting God when things go well, but staying true to Him even when things don't go well!



Everything around them is telling them to give in: the king, the crowd, the fear. But they choose God.

They are thrown into the fire... but then something amazing happens. The king looks in and sees FOUR people walking around in the fire—not three.

God has sent someone to protect them. When they come out, they're completely unharmed—not even a burn, not even the smell of smoke. God didn't just save them from the fire, He was with them in it. and that's the promise of faithfulness: not that life will be easy, but that God will be with you in every moment. Their faithful God had been with them the whole time. Shadrach, Meshach, and Abednego chose to stay faithful—even when it was scary and difficult.

Faithfulness means sticking with God, no matter what, in private and public. It's choosing Him again and again, especially when it's hard. God is always faithful to us. Throughout the Bible, we see Him keeping His promises again and again—through miracles, through speaking to people, and ultimately by sending Jesus. Even when people turn away from Him, God keeps loving, keeps calling, and keeps showing up. And we get to choose to be faithful to Him too. It's not always easy. But when we remember how faithful God is to us, it helps us stay faithful to Him.

Choosing faithfulness

Think about your life right now write down:

Where God might be asking you to stay faithful.

Where things are pulling you away from Him.

Can you choose one small way to stay faithful?

You could spend a few minutes talking to God? Or read a short part of the Bible?

Prayer

Take a moment to be still. Move any distractions away. Breathe slowly two times and talk to God: Thank you, God, that you are always faithful and never giving up on us. Please help me to stay faithful to you, even when things around me make it hard. Help me choose you every day. Amen.



Luke 1:30-32

But the angel said to her, "Do not be afraid, Mary; you have found favour with God. 31 You will conceive and give birth to a son, and you are to call him Jesus. He will be great and will be called the Son of the Most High. The Lord God will give him the throne of his father David"

Let me tell you a story... I was at a youth group, and we were doing a trust exercise. My friends stood behind me with their arms out, ready to catch me. I had to fall backwards and trust them. One... two... three... CRASH. They dropped me. I looked up, and they were all staring at me like, "Oops." At that point, I thought: "Great. Let's never do that again." But no. My leader said, "Let's go again—but this time, stand on a chair." A chair?! From even higher?! My trust had gone way down. But somehow, I tried again... One, two, three... CAUGHT! This time, they didn't let me fall.

Exploration

Mary was a young girl with plans for her life—she was engaged and probably thinking about her future. Then suddenly—an angel appears. And tells her something shocking: She is going to have a baby... and not just any baby—Jesus, the Son of God.

This wasn't part of her plan. People might not believe her. They might think she had done something wrong. They might talk about her behind her back. It would have been confusing, scary, and overwhelming. If that was me, I'd panic. But Mary responds differently. She trusts God. She even sings a song about how good God is. What?! Mary chooses to trust that God's plan is good—even when she doesn't fully understand it.



Have you ever had a moment when life didn't quite go as planned? Was it easy to worship God or was it tricky?

Trusting God in one moment is one thing. But Mary didn't stop there—she kept trusting him. She persevered:

- Through people's opinions
- Through difficult journeys
- Through uncertainty

She kept going. God didn't let her down. And He won't let us down either. He is not like friends who sometimes drop you—He is always trustworthy. In the Bible, Hebrews 12:1 encourages us to "run the race" of life and not give up. It gives us three ways to keep going:

- Be around people who follow Jesus
- Let go of things that distract us
- Turn away from sin
- Trust that God's plan is good.

When we trust Him, it helps us keep going—even when things are hard.

Trusting God

Think about your life: Is there something you find hard to trust God with? What helps you keep going when things feel tough?

One step you could take today:

- Talk to God honestly Ask for help.
- Choose to trust Him in something small.

Prayer

Take a moment to be still. Move any distractions away. Breathe slowly two times and talk to God: God, thank you that you are always trustworthy. Thank you that you never let me down. Help me to trust you, even when I don't understand. Help me to keep going and not give up. Thank you that you are always with me. Amen.





Week 4

**Unstoppable Love
Overflowing To The World**



1 John 4:19

“We love because He first loved us.”

Read more: 1 John 4

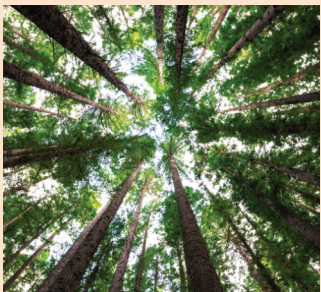
We are on the last week of our amazing journal journey! Well done! Our final week is all about God's unstoppable love overflowing to the world. How do you think the world discovers God's unstoppable love? Does it crash like thunder? Does it blaze across the sky in neon? Does it shake the ground? Does it whisper quietly through the trees? What would it look like if this love started with you?

Exploration

How do people find out about God's Unstoppable love?

Today's Bible verse shows us the BIG news that God chooses to let His love flows through us. He loves to team up with us, His followers and friends, to carry His love to those around us. We love because He first loved us. You may have experienced His love in real way at a camp or festival - and not just for a great weekend: His friendship, forgiveness, comfort, peace, hope and more. This love was never meant to stay locked inside your heart like a secret treasure, it is not just for a great weekend in the Devon countryside!

The invisible God becomes visible through the way you treat and love people. When you're kind, forgiving, patient, compassionate... you are doing more than being "nice." You are revealing the loving heart of God. You become a living window so people can see who He is.



How did Jesus love others? He constantly moved towards people, stopping for them, listening to them, healing and caring for them. It didn't matter how important they were or where they lived or what they looked like. Jesus noticed and loved EVERYONE!

The same Spirit that lives in Jesus, is in us too. We can love with this supernatural love, seeing people how Jesus sees them, as precious and important.

There's lots of need around us and we can't fix anyone's problems for them, but we can choose to make God's love visible by noticing, stopping and caring.

This week, who could you be friendly to and include in a game? Or is there someone your family could pray for and reach out to together? Or can you team up with a project at your church to give your time and energy? There are so many ways to make God's love visible around us.

Ask the Holy Spirit - he will show you how to love like Jesus.

Spread the love

Ask the Holy Spirit to show you one person who needs love today. Remember that God's love flows through you. Be courageous to step out and show them this love.

- Make them a fun picture or an encouraging card.
- Say 'hello' and invite them to join in your game.
- Ask them about some of their favourite things and choose to listen carefully.
- Or any other way God shows you. Keep it light and fun!

Prayer

Take a moment to be still. Move any distractions away. Breathe slowly two times and talk to God. Thank you Jesus for showing me your love. Thank you for the way your love flows through me. Help me to share your love with others. Holy Spirit show me who I can love like Jesus today. Amen.

Why not imagine yourself praying for someone who is hurting? Jesus is there with you. What is He doing or saying or showing you? Let His love fill your heart for others.



Matthew 28:18-20

“Then Jesus came to them and said, ‘All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations... And surely I am with you always, to the very end of the age.’”

Read more: Acts 1-2

Who do you think God invites to join in with His big plan to reach the whole world with His unstoppable love?

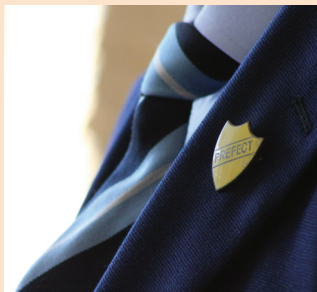
Exploration

This part of Jesus' story is called The Great Commission.

Jesus has died on the cross, risen again and been appearing to his followers for 6 weeks. Now it's the day that Jesus is going back to heaven to be with Father God. These are His parting words to the disciples, so they are very important.

Jesus says he is passing on his power to His friends to carry on His work of reaching others. They weren't a group of super-Christians, they weren't really famous or mega important, just ordinary people, like you and me. But their lives had been transformed by His love and power. Jesus was giving them a mission to believe in and to go for!

If we belong to Jesus, if we've said YES to his love and joined His family, then we are part of this mission too. We are invited to join in! Your mission field is the everyday places where you get to live out His love. Your school is a mission field. Your friendships are a mission field. Your street is a mission field. Your family is a mission field...



Basically every place you go!

God's unstoppable love is meant to move through you into all these places. And when it does, you get to be part of an ongoing movement, lives changed by the good news of Jesus. What we do for Jesus has a ripple effect that reaches "to the very end of the age." That's the kind of long lasting, life changing impact He invites you into.

How can you play your part in the Great Commission and carry His love? Write down the places you go to each week and pray for Jesus to help you show His love through your words and actions the next time you are there!

Love on your street

Go on a prayer walk around your street.

Get creative! Ask the Holy Spirit for kind, loving words to bless someone else.

Can you share God's love by writing or drawing encouragements with chalk on your path or driveway so others can see them?

Can you put an encouraging poster in your window or on your door?

Or simply try to smile at 5 different people during your day! Have fun sharing God's love...

Prayer

Take a moment to be still. Move any distractions away. Breathe slowly two times and talk to God. Thank you for inviting me into your family and giving me an amazing job to do to share your love. Fill me with ideas and confidence to step out in faith today! Amen.

Why not imagine what your street or school would be like if more people knew Jesus and there was more of his love, joy and kindness. What can you see, hear or feel? Spend time dreaming with Jesus!



John 13:34-35

“A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.”

Read more: Colossians 3:12-14

Yesterday we thought about the great mission we are invited into as friends of Jesus. But sometimes that mission can feel super MASSIVE and we are not even sure where to begin or how to do it? And then we can start feeling worried, anxious, pressured and stressed out! **Have you ever felt like that?**

Exploration

Do you ever worry that you're not doing a good enough job of sharing Jesus with others. Like it is all too difficult, complicated and tricky?

When we feel stuck, Jesus gives us something simple, clear, and powerful - something that shows who we belong to without us having to try super hard, try to look good, or simply want to hide away!

Jesus says that love shows that we are His friends. Your love becomes a signpost pointing people to Him. You can be a living, breathing testimony that Jesus is real and His love is alive in you.

Jesus could have said, “People will know you're My disciples if you pray a lot,” or “if you know all the right answers,” or “if you never ever make a mistake.” But He didn't. He said the world will recognise us by our love. Isn't that a huge encouragement?



We all have difficult moments where we're not totally sure how to respond as followers of Jesus. We can face situations where we don't have all the answers, or we're dealing with something that feels really different to anything Jesus ever experienced. I mean... Jesus never had to decide what to do if you're left out of the game on the school playground or if someone tells the teacher you did something wrong or if your sibling breaks your favourite toy...

But in those confusing, tricky moments, we can ask ourselves a simple question: “Am I acting with love?” Love becomes the compass that points you in the right direction. Love becomes the way you show Jesus even when you don't know what to do. Think about how you can choose love as you decorate below:

LOVE

Daily reminder: choose love first

Make your own reminder sign to choose love! Make it super bright and fun, with your favourite shapes, colours and doodles!

Stick it somewhere you will see it each morning to remind you.

Try to take a breath before you walk in the school gate or the front door or anywhere else you are going to slow down and remember to choose love.

Jesus help me to choose love here!

Prayer

Take a moment to be still. Move any distractions away. Breathe slowly two times and talk to God. Thank you Jesus that I don't have to have all the answers or always know what to do. Help me to be like you, to choose love in each situation I face. Amen.

Read Colossians 3:12 Why not imagine being clothed in some of the wonderful things in this verse: kindness, mercy, patience, gentleness... What can you see, hear or feel?



Jonah 4:11

God said, "And should I not have concern for the great city of Nineveh, in which there are more than a hundred and twenty thousand people who cannot tell their right hand from their left?"

Read more: Read Jonah 4

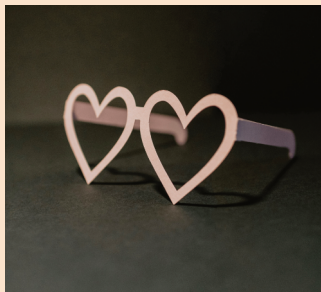
Are there people you find it hard to get on with, who annoy you or irritate you or who are even unkind to you? Are there people you avoid or ignore? Are there people you disagree with?

What does God think about them? Is He calling you to love them too?

Exploration

Have you met Jonah in the bible? His story isn't just about a big fish. It's about a big God with a bigger heart. When God asked Jonah to challenge the people of Nineveh to change, he ran away in the other direction! Even when he finally went to warn them about their sin, he wasn't hoping they'd change, he was waiting for God to punish them! YIKES! Jonah struggled to love the people of Nineveh because they were known for violence, cruelty, and evil. In Jonah's mind, they were the last people who deserved God's kindness and mercy. He didn't want them forgiven.

But God had something different in mind. He told Jonah He was going to show Nineveh His deep love; his compassion. He revealed something powerful: His love is unstoppable. It reaches: Beyond the people we like. Beyond the people who like us.



Beyond the people who think like us. Beyond the people who have hurt us. Beyond the people we consider "enemies".

Have you heard about Corrie Ten Boom's story from WW2? It has inspired millions. After surviving the horrors of a concentration camp, she later came face-to-face with one of the guards who had caused her deep pain. In that moment, she describes how God filled her heart with the strength to forgive him. What amazing courage and mercy! Her life is a powerful reminder that God's unstoppable love can overflow even towards those we once saw as enemies.

Sometimes it is really hard to show love, especially to people who've hurt us. We don't have to be best friends with them or carry on letting them hurt us - we can tell a safe adult if we need help. But we can let God's love reshape our heart. To forgive and see people the way He sees them. To remember that every person is someone Jesus died for. Remember: you're not doing this in your own strength. God's love working in you is what makes this possible.

Glasses of compassion

Draw a pair of cool glasses on card, with exciting frames of different shapes and decorate them. You could find some templates online with an adult's help.

Cut them out, including the lenses, so you can wear them!

As you look around, with your awesome glasses on, think about having eyes of love to see people how Jesus sees them.

Be thankful for His love for you and ask for compassion to love others!

Prayer

Take a moment to be still. Move any distractions away. Breathe slowly two times and talk to God: Thank you Jesus that you always love me, in my good AND bad moments. Help me to see everyone as precious to you. Give me courage to pray for those that hurt me or those I don't get on with, help me to forgive and love like you. Amen.

Why not imagine the story of Jonah. What can you see, hear or feel? Think about God's kindness to Jonah, even when he wasn't kind!



Acts 2:6

When they heard this sound, a crowd came together in bewilderment, because each one heard their own language being spoken.

Read more: Acts 2

Have you ever been obviously different from the people around you?

For people who follow Jesus, there's another kind of difference too. The Bible says God's people are "set apart"—which means we live a bit differently, in a good way.

Exploration

Imagine this...You're sitting where you are right now—WHOOSH! A huge sound like wind fills the room. Then... what looks like little flames appear above people's heads (don't worry—no one is burning). You turn to your friend to say, "Did you hear that?!" But instead... you start speaking in a completely different language! "Hola!" "Bonjour!" "Ciao!" Sounds wild, right? But this actually happened. Jesus' friends were all together when the Holy Spirit—Jesus' special helper—came to them. He filled them with power and helped them speak in different languages. Why? So everyone around them could understand the good news about Jesus. When they went outside, people noticed something was different. Some were amazed. Some were confused. Some even thought they were acting strange! But one thing was clear: God was doing something powerful. The Holy Spirit filled them—and God's love overflowed out of them to everyone around them.



Think about your time at Spree. How has something changed in you? Maybe: You feel more joyful? You understand Jesus more? You've started talking to God? You've felt something new—like peace, warmth, or excitement? God has been at work. It might not have been a loud whoosh or visible flames—but the Holy Spirit is still working. Sometimes it can feel like a warm or tingly feeling, a sense of peace or a new excitement about God. The real difference wasn't just what happened in the room—it was what happened after, when they went outside. People noticed the difference in how they lived.

Real change shows in the way we speak, treat people, include others, love, and keep following God, not just at camp but at home too. Maybe people have already noticed a difference in you. And if not—that's okay. This is a journey. We get to be like Jesus' friends. We get to share God's love with others. And the best part? We don't do it alone. The Holy Spirit helps us to be brave, love others, speak about Jesus and live differently. Sometimes being different can feel scary. But it's actually a really good thing—because God is making us more like Jesus.

Think about this:

What's one way you've changed since camp?

Or what's one way you want to grow?

Ask yourself: "How can I be a bit more like Jesus today?"

And remember—you don't have to do it alone.

The Holy Spirit helps you, and God gives us other Christians (like church and friends) to encourage us.

Prayer

Take a moment to be still. Move any distractions away. Breathe slowly two times and talk to God: God, thank you for your unstoppable love. Thank you that you want everyone to know you. Thank you for the amazing story of the Holy Spirit coming with power. Please help me to be changed by you.

Help me to be more like Jesus in how I live. Holy Spirit, help me to show your love to the people around me—even if it means being different. Amen.



John 10:11

They were greatly disturbed because the apostles were teaching the people, proclaiming in Jesus the resurrection of the dead.

Read more: Acts 4:1-22

Have you ever told someone you went to church or a Christian camp... And you were hoping they'd say: "That sounds amazing!" But instead they said something unkind... Or laughed... Or just didn't get it? That can feel pretty rubbish. If that ever happens, it's really important to talk to a trusted grown-up. No one should be unkind to you. But also—you're not the only one who's experienced this.

Exploration

Peter and John were two of Jesus' friends. One day, they helped a man who couldn't walk—and suddenly, he could walk again! Everyone was amazed. Peter and John explained: "This happened because of Jesus!" But some important leaders didn't like that at all. They didn't want people talking about Jesus—so they arrested Peter and John and put them in jail overnight. The next day, they questioned them: "Who gave you the power to do this?" Peter, filled with courage from the Holy Spirit, said: "Jesus did this! He is the one who heals and saves." The leaders were shocked. Peter and John weren't famous or important—but they spoke with boldness. And the healed man was standing right there—completely better! So the leaders couldn't deny it. So they gave them a warning: "Stop talking about Jesus." But Peter and John said: "We can't. We've seen and heard too much—we have to tell people!"



What is your favourite thing to talk about with your friends?

Imagine being told you could never talk about your favourite thing ever again; Your favourite game... your favourite sport... your favourite YouTuber... You'd find that really hard, right? That's how Peter and John felt about Jesus. They loved him so much—they couldn't keep quiet.

Jesus never said following Him would always be easy. Even when He was on earth, not everyone liked Him. But He kept going. He trusted God. He knew God was with Him.

In the same way, sometimes people today:

- Don't understand
- Ask tricky questions
- Or even make fun

That's hard—but you're not alone. The Holy Spirit helps you to be brave, know what to say and feel comforted. And you have other Christians—your church family—to support you too.

Jesus teaches us something really surprising:

Pray for people who are unkind to you.

So today you could:

Pray for someone who has been unkind

Ask God to help you be brave

Ask the Holy Spirit to help you follow Jesus at school and home

Prayer

Take a moment to be still. Move any distractions away. Breathe slowly two times and talk to God: Thank you, Jesus, that you invite me to follow you. Thank you that you understand when things feel hard. Holy Spirit, please help me to be brave. Help me to follow you, even when it's difficult. Help me to remember that you love everyone—even people who are unkind. Help me to love them too. Amen.



John 4:11-12

Dear friends, since God so loved us, we also ought to love one another. No one has ever seen God; but if we love one another, God lives in us and His love is made complete in us.

If you could go anywhere on holiday where would it be?

You are lying in bed, excited because the day as finally come, you are going on the BEST holiday ever! What is the first thing you need to do? Get up, get up out of bed and go to your best holiday ever!

Exploration

In the New Testament, there are over 130 examples of sending; either Jesus being sent from the Father or Jesus sending His followers. 130. That is a lot, and the Bible tells us story after story of what being sent looks like; it looks different for everyone. These stories of being sent by Jesus didn't just happen in the Bible but happen now too. God sends us to go and love Him, and love one another.

Almost 30 times in the New Testament, the phrase 'get up,' is used, most of the time by Jesus! Here are a couple of examples:

1. Jesus says to a paralysed man who has come into a crowded room through the ceiling, helped by his friends, "get up, take your mat and walk! The paralysed man could now walk!
2. Jesus tells a dead little girl, "Talitha kum," which means little girl, I say to you, get up! The dead girl came back to life!



3. Jesus says a man with a shrivelled hand "get up," after the man got up, his hand was healed!

Often the getting up is a key starting position to being sent; almost like getting in your 'ready, steady, go' position on the start line of a race. The three different characters who met Jesus above had two things in common. Firstly they all met Jesus personally and secondly their lives would never be the same. Their love for Jesus and for others didn't stop when they met Jesus once, no, they were on an adventure with Jesus for eternity now!

Since God so loved us, we should love one another! We are being sent to get up and go to love people! This is exciting! God is going to take us on a wild ride, which might mean seeing amazing places of the world, showing kindness to the most hurt, doing things that we never dreamt or imagined we could do!

We don't have to be perfect to be sent; time after time, God uses the most unexpected people to be part of His wild adventure, God was inviting them to be transformed!

Jesus promises that He is always with us and He sent his special gift of the Holy Spirit to help us; we aren't alone!

Spend time with Jesus

Before people got sent by Jesus, Jesus met with them.

Why not spend a few moments hanging out with Jesus, in whatever way you best connect with Him e.g. praying, looking at creation, listening to worship music.

Then ask Jesus, how would you like to send me to love God and love people today?

Prayer

Take a moment to be still. Move any distractions away. Breathe slowly two times and talk to God: Thank you Jesus that You invite us on a wild adventure to love God and love people. We thank you for the countless stories of people you have already sent. Would you send me to love God and love people. Would any fear, or anything that isn't of you fall away God and would I be filled with your Holy Spirit. Amen.



Here's some extra resources that may be helpful as you continue to explore the Bible in more depth.

Bear Grylls

Levi Lusko

Louie Giglio

Sergio Cariello

www.24-7prayer.com/resource/lectioforfamilies/

www.thehopefilledfamily.com/product-category/devotional/

www.bibleproject.com

www.bible.com/app

**With thanks to contributors: Sarah Cornthwaite, Tim Funnell,
Michael Franks, Aaron Rigby, Sophie Gilbert, Charlotte Reid,
Rachel Newton and Josh Newton**



Produced for SPREE by SWYM

www.swym.org.uk