

Love is showing others how much they matter to you.

DAY 1

Read Psalm 136:26

Here's some things that are true about God.

1. God's love goes on forever.
2. God's love is for everyone.
3. God IS love.
4. God loves us no matter what.

Because God loves us with a never ending forever kind of love, we can share our praise. We should give thanks every day because God loves us no matter what.

This week, when you *think* about the word "love," whenever you *hear* that word, or whenever you see a heart that reminds you of love, stop and say, "Thanks, God, for loving me no matter what."

DAY 2

Read 1 Peter 5:7

Do you have any worries today? Is there anything you can't stop thinking about? Write down your worries in the worry box.

Worry Box

The problem with worry is that it doesn't accomplish anything. Worrying doesn't make things better and it has never solved a problem. But there is good news. God knows about all the things you listed in your worry box. And God cares about all those things too!

Read through your list of worries one more time then stop and pray. Ask for reminders of God's love for you. Then, write "GOD CARES FOR ME" in big block letters right on top of all those worries in your worry box.

DAY 3

Read Romans 8:39

Shake It Up

1. Grab a bottle of water and some powdered drink mix (like Crystal Light® or Gatorade®).
2. Add some drink mix to the water and shake it up.
3. Once it settles, take a minute to look at the water. Does it look different? Take a sip. Does it taste different? Absolutely!
4. Now, try to separate the water and drink mix. Can you do it? NO way! It's impossible to separate.

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God's love is like that. Nothing can separate you from God's love because of what Jesus has done! Not one thing. Nothing you do, nothing you say, no mistake or mess up can ever change God's love for you. God loves you.

Before you enjoy your now flavored water, stop and take a minute to thank God for the big, perfect, never ending, no matter what kind of love.

**God loves us no matter what.**

DAY 4

## Read Psalm 143:8

What is your routine before you school? In the space below, write down your morning routine. What do you do first, second etc.

### Morning Routine

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Did you write "Brush my teeth" anywhere on that list? If not, you definitely need to. While you're brushing those teeth, let's add one more step to your morning routine.

On your mirror, use a dry erase or washable marker to write the following chant:

God loves me, all the time.  
I trust Him, with my life.

Did you know that the American Dental Association suggests that you brush your teeth for two full minutes? For the next week, let's practice saying this little chant while you brush. Ask an adult to help set some kind of timer so you go the full two minutes. See how many times you can repeat this little chant out loud or in your head as you brush your teeth each morning.