

# GET UP AND MOVE

**Bible Story:** Look for ways to love people like Jesus. | The Greatest Commandment  
Matthew 22:36-40; 1 Corinthians 13

**Bottom Line:** Jesus wants to be my friend forever.

**Memory Verse:** "Let us keep looking to Jesus." Hebrews 12:2, NIV

## LOVE PARACHUTE

**What You Need:** Foam hearts, inflatable Jesus and a sheet or towel

**What You Do:** Place the hearts and inflatable Jesus in the middle of the sheet or towel. Help the children hold the edges of the sheet or towel and make the hearts fly into the air and then land on the towel or sheet again. Continue as long as there is interest. For older children, say "Jesus loves me and everyone" as you bounce the items.

**What You Say:** "Jesus loves everyone all the time! We should show love to others, too! We're going to use this parachute and hearts to help us to remember that Jesus loves us SO much and we can love others the way Jesus loves us. That's a lot of love! Jesus loves you and wants to be your friend forever. Who wants to be your friend forever? Jesus wants to be my friend forever!"

