

If you love me, you will keep my commandments

“If you love me, you will obey my commandments. I will ask the Father, and he will give you another Helper, who will stay with you forever. He is the Spirit, who reveals the truth about God. The world cannot receive him, because it cannot see him or know him. But you know him, because he remains with you and is in you. “When I go, you will not be left all alone; I will come back to you. In a little while the world will see me no more, but you will see me; and because I live, you also will live. When that day comes, you will know that I am in my Father and that you are in me, just as I am in you. “Those who accept my commandments and obey them are the ones who love me. My Father will love those who love me; I too will love them and reveal myself to them.”

By loving Jesus this helps us to keep his commandments.



Think about it

- What do you think Jesus means when he says that the Holy Spirit will ‘live in you’?
- Can you think of an example where you’ve kept a rule because you love someone?
- If we love Jesus and try to show his love, what difference might that make to the other people we know?



Create – Draw or create an image showing Jesus’s love for us



Create – Hearts of love
Decorate heart shaped biscuits or make a hear on a biscuits using icing and different toppings.

Create – The Comforter

Cut out a big heart shape from paper. Draw or take photos of everyone that gives you comfort. Cut them up and make a collage on the heart shape. Remember that as Jesus left to be with his Father in heaven, he sent the Holy Spirit to be with us always. How can you add the Holy Spirit to your heart?



Sing it

I’m gonna clap my hands

To show I love You
Gonna shout out loud
Gonna sing Your praise
You are everything to me
Jesus I love Your name

I’m gonna stamp my feet
To show I love You
Gonna jump around
Gonna sing Your praise
You are everything to me
Jesus I love Your name

You are the best friend
That I could ever know
I lift my hands to You
‘Cause You died for me upon the cross
Took away my sin and shame
www.youtube.com/watch?v=EGxHOnyDf-I

Until the whole world hears www.youtube.com/watch?v=ln0T26aTXJE



Play it

Do you need some help?

Ask a grown up to put a marker on the wall far higher than you can reach. Using a sticky note jump as high as you can to try to place your sticky marker on the marker. Stand back and see how far short you reached. It’s like this in life; we cannot do what Jesus asks of us without the Holy Spirit in our lives.

Live your faith



Make a simple poster saying ‘If you love me, you will keep my commandments’ and stick it on the wall by your bedroom door so that each time you leave the room, you are reminded to do as Jesus asks.



Pray

Lord Jesus Christ,
you have called us to love God
and love our neighbours as ourselves.
Give us the Holy Spirit
to help us follow your commandments
and to live in peace, hope and love.
Amen.