

STEP ONE: Watch the EC video at [hillsideonline.com/kids](http://hillsideonline.com/kids)

STEP TWO: Repeat the verse twice with the motions!

**"I can**  
*(thumbs to chest)*

**do everything**  
*(march)*

**through Christ,**  
*(point up)*

**who gives me strength."**  
*(muscle arms)*

**Philippians 4:13**  
*(open hands like a book)*

STEP THREE: Have fun with, "Your Name in Hearts."

**What you need:**

Construction paper, heart stickers and a marker

**What You Do:**

Before the activity, cut out several paper hearts out of construction paper. Write the names of several family members on several hearts. Write your child's name on one heart.

Say, "Look at the table. There are hearts with your names on them. Look around and see if you can find your name. *(Pause.)* I will help you find your name if you need help.

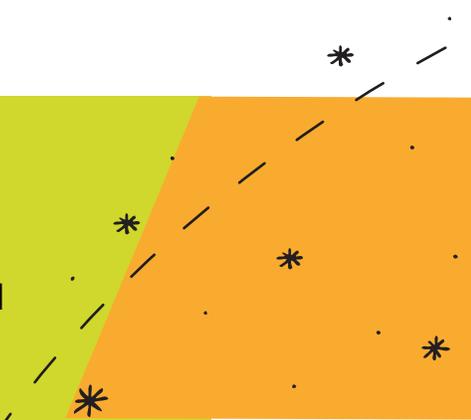
Sit down where your name is and trace the letters in your name with your finger. *(Pause, then hand out the heart stickers.)* Now put heart stickers on the lines of the letters in your name. *(Pause.)* Look at all the love covering your name. Beautiful! Jesus can help *[family member's name]* choose love."

Jesus can help *[child's name]* choose love. Yay! Jesus can help us do everything! **Who can help you do everything? Jesus can help me do everything."**

\*The Bible reference for this week is 1 John 4:9-13.

STEP FOUR: Pray together as a family!

"God, You love each of us so much that You gave us your Son, Jesus, to be our friend forever. No matter where Jesus was going or what He was doing, Jesus always stopped to show others He loved them. Help us to show love to others like Jesus did. Amen!"



STEP FIVE: Draw a heart.



STEP SIX: God loves us so much, He gave us Jesus to be our friend forever.  
"I can do everything through Christ, who gives me strength." Philippians 4:13