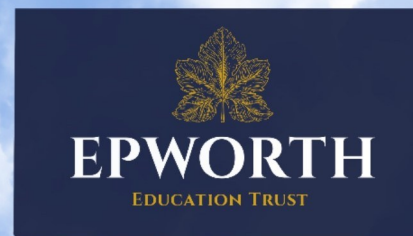


# EPWORTH WORSHIP TOGETHER,



## This week's big idea

**Week 19:**  
**Love**



## Bible verse of the week



- Remind yourself of the ways that you have helped others—as a school, class or individually
- Why do you think Jesus said love your neighbour as yourself?
- Why is it important to have self-love?
- Discuss why looking after yourself is an important part of self love. Name as many self care strategies as you can have

**Exploring  
further**



## Prayer of the week

Dear God

Thank you that your Bible teaches us about love. To love God, love others and to love ourselves.

Help us to work at loving ourselves and practising self care and self kindness. Help us to be more loving to ourselves so that we can share love and kindness to others,

Amen



## This week's worship song

### King of Me

<https://www.youtube.com/watch?v=F9zWwltpMOc>



## Explore further at home



- Ask your family to tell you about the what they love about you and what makes you special.
- Create an A to Z of positive words to describe yourself
- Think about how we can turn negative self talk into positive self talk.
- Practise saying kind things about yourself (start by using your 5 fingers to name 5 things)

## This week's activity



Discuss the questions from 'Exploring further'

- Draw around your hand and write down 5 kind words about yourself. Place these into your floor books .
- Write down 1 promise you are going to make to yourself to be kinder to yourself (think about what was mentioned—sleep, exercise, hobbies, food, technology)
- Create a word bank of positive words that we can use to talk about ourselves and display in the classroom



## Quote of the week

**"SELF-LOVE IS  
THE KEY TO A HAPPY  
AND FULFILLING  
LIFE."**

AMANDA CASS

## Picture of the week

