

lyfe^B



Messy lyfe

Living life with Jesus



Rob Hare and Lucy Moore



Rob Hare manages a project called lyfe for Bible Society. He enjoys helping people discover a deeper life with God through creating new resources, writing, filming and hosting events. He is also Dad to two young girls who he hopes will enjoy this book! For more about lyfe visit **lyfe.org.uk**.

Lucy Moore spends a lot of her time hearing good ideas from Messy Church people round the world and helping other people learn about God through Messy Church. She has two grown up children who do exciting things with saxophones and archaeology and a small ginger dog called Minnie. **www.messychurch.org.uk**

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Messy bedrooms (oh dear!), messy meal tables (oh yuk!), messy family life (oh my!). What a good job Jesus grew up in an ordinary family and knows just what it's like to live a messy life with brothers and sisters and friends and mum and dad. The great thing about Jesus coming to earth is that it shows us he's happy to meet us right in the middle of that busy messiness. He wants every person to know him and to live life to the full. He doesn't make us stop living our normal lives, he steps into the messiness to turn our normal lives into an adventure!

A word about training

Do you realise that all your life you have been training? Most of the things you are able to do are down to training. Think about all the things you are able to do—brushing your teeth, singing a song, whistling, cooking, reading, playing an instrument or running. You probably didn't think of it as training, but each time you practised you got a little better at doing it. Now there are so many things that you can do without having to try very hard at all!

How about making a list here of things that each member of your family can do because they have practised and learnt how to do them. If you don't want to write them down you could draw pictures instead—there you go, that's another thing you have learnt how to do!

Things that we can do:

Training for life with Jesus

Paul, a man who wrote lots of letters that have become books of the Bible, says lots of things about training to live a great life with Jesus. In one of his letters to people who lived in a place called Corinth, he says,

'All good athletes train hard. They do it for a gold medal that tarnishes and fades. You're after one that's gold eternally.' (1 Corinthians 9:25/The Message).

And in his first letter to a young man called Timothy who was in charge of a church, he tells him to, *'exercise daily in God—no spiritual flabbiness, please! Workouts in the gymnasium are useful, but a disciplined life in God is far more so, making you fit both today and forever.'* (1 Timothy 4:7–8/The Message)

Lucy's comment

Come on, Timothy! Time to get your soul fit as well as your body! Then you'll be fit for life and eternal life.

So how do we train for life with Jesus? Well, the very best way is to look at what Jesus did and how he lived.

When we look at the life of Jesus we see that he:



Prayed to God all the time



Lived a good life



Worked with the Holy Spirit



Loved other people



Knew the Bible



Lived close to God everyday

How to use this book

In this book you will find loads of ideas and activities to help you and your family train for a life with Jesus.

You will need to keep your family in training as you work through the activities—you are the coach! Find a regular time when you are all together as a family, perhaps at breakfast or dinner time, or maybe right before you go to bed.

In this booklet there are six weeks of sessions. Each week there is an introduction to the theme, and three sessions, so altogether there are eighteen sessions to work through. You could do three of them each week if you have time. Or you could just do a session at a time whenever you can.

Get your family focused and ready to listen, and then read out the session. In each one you will find bits of the Bible to read and different ideas to try.



Week 4

Loving Other people

Our theme this week is about loving other people. In the Bible it says:

'My dear friends, we must love each other. Love comes from God, and when we love each other, it shows that we have been given new life.'

(1 John 4:7–8)

Jesus showed his love for people in many ways—spending time with them, teaching them, healing them, providing them with food—and in the end, by dying for them. If we want to be like Jesus, we have to love people—even the people we may not like very much! That's a hard thing to do, but God will help us.

What are the different ways we show love to each other? Write down all the ways you can think of here:





Loving other
people

Loving other people

When Jesus was around on earth, people who wanted to follow God had to obey a lot of rules. When Jesus was asked what the most important one was he said it was to love God and other people. Simple as that.

Read the following verse from the Bible out loud to everyone.

Read

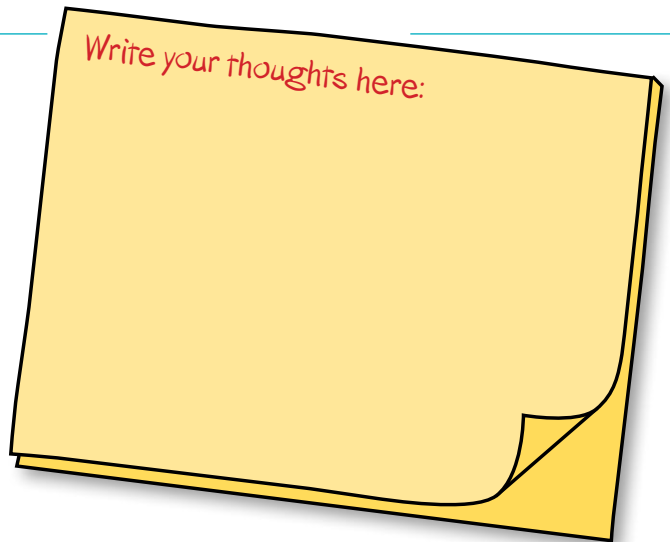
Love the Lord your God with all your heart, soul, and mind. This is the first and most important commandment. The second most important commandment is like this one. And it is, 'Love others as much as you love yourself.'
(Matthew 22:37–39)

Lucy's comment

You can read Jesus' words here, either as commandments or as promises—if they're promises, isn't it great that Jesus trusts that, with his help, we will love God and love our neighbour? We just need to start practising.

Reflect

Give everybody about 20 seconds to think quietly about these words and to listen to God. Then tell each other what you thought and write it down.



Respond

Who might need to know that you love them today? Think of a person and find a way to do something for them that will make them feel loved— perhaps send them a text, or make them a cake, or offer to help them with a job.





Loving other
people

Loving God's world

The world we live in is beautiful in so many ways. God created this world and wants us to help him to keep it beautiful.

Read the following verse from the Bible out loud to everyone.

Read

So God created humans to be like himself; he made men and women. God gave them his blessing and said: 'Have a lot of children! Fill the earth with people and bring it under your control. Rule over the fish in the ocean, the birds in the sky, and every animal on the earth. I have provided all kinds of fruit and grain for you to eat. And I have given the green plants as food for everything else that breathes. These will be food for animals, both wild and tame, and for birds.' God looked at what he had done. All of it was very good!
(Genesis 1:27–31)





Jesus is always with us.
How do we learn how to be with him?

Messy *lyfe* offers a collection of Bible verses to read and activities to do as a family that will help us to be with Jesus in our ordinary, wonderful and messy lives. Discover a new adventure with Jesus as we learn how to pray, read the Bible, love the world we live in and ask him to be closer to us.

Messy *lyfe* is a beginner's guide for those who want to learn how to live closer to Jesus every day.

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lyfe.org.uk



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