



**WEEK ONE**

MARK 7:15 & EPHESIANS 4:29

Let love be what you're all about.

.....

**WEEK TWO**

GALATIANS 6:1-2

Let love be your filter.

.....

**WEEK THREE**

JOHN 8:3-11

Let love fill in the blank.



**REMEMBER  
THIS:**

"And why worry about a speck  
in your friend's eye when you  
have a log in your own?"

MATTHEW 7:3, NIV



**THINK ABOUT THIS:**

In today's world, there are a lot of difficult situations. We want teens to understand that when they encounter difficulty, they should defer to love like Jesus did. It's so easy to criticize, point fingers, and place blame. How could things change if we chose love to fill in the gaps in other people's lives and used our words and actions help others?



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**DO THIS:****MORNING TIME**

One day this week share a verse about love. If your teen has time before heading off to school, ask if they could pray with you (it's okay if they don't or say no). Pray for them to see opportunities to encourage a friend or teacher at school. Focus on reminding them that part of our faith is choosing to speak and act in love.

**MEAL TIME**

Being together at the table is a natural time to share stories from the day. Try to specifically ask for stories about how words were used to make a difference positively or negatively. This is also a great chance to share your own story as a way to be vulnerable with your teen. No matter what situation is shared, thank them for telling you, and remind them that they have power to make a difference.

**THEIR TIME**

The next time your teen talks about social media, pay attention to how they feel about social media, and take note of who they may be following. Ask questions about why they follow certain people and what is interesting about them. This is a great way to show your teen that you are interested in what they're interested in.

**BED TIME**

This week make a list of some moments where your teen used their words to encourage someone else. Then one night this week, give your teen that list and share with them how you are proud of them. This is a great way to remind your teen that they can make a difference in the lives of others simply by being encouraging with their words.

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