



## **"One big heart" activity**

### **Leader's guide**

**Objective:** To help children reflect on unity and love as Jesus prayed for in John 17:20–26, and inspire them to live out their faith by caring for others.

### **You will need:**

- A large piece of paper or a whiteboard
- Coloured pens
- Heart-shaped cut-outs or sticky notes
- Tape, blu-tack or magnets (if using the whiteboard)
- Bible or printed copies of John 17:20–26 (for reference)

### **Steps:**

#### **1. Quick Reflection (5 minutes):**

- Read John 17:20–26 aloud (or paraphrase it in simpler language for the children).
- Example paraphrase: "Jesus prayed to God that we would all be one, just like Jesus and God are one. He wants us to love one another so others can see how great God's love is."

#### **2. Heart Connections (10 minutes):**

- Give each child a heart-shaped cut-out (or sticky note).
- Ask them to think of one way they can show love and unity to others this week. It could be helping a friend, sharing something, being kind, etc.
- On their heart, have them write or draw that action.
- Once everyone is finished, ask them to come up and stick their hearts on the wall or whiteboard, forming a "heart chain" or a big heart on the paper. As they stick their hearts, they can briefly share what they wrote if they feel comfortable.



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### 3. Group Reflection (5 minutes):

- Look at the "heart chain" or "big heart" that was created. Ask:
  - "How does our big heart remind us of what Jesus wants? How do all our actions work together to show love?"
  - "How can we keep this love and unity going in our lives this week?"

### 4. Call to Action (5 minutes):

- Encourage the children to pick one action from the "big heart" that they want to do this week. Tell them that by doing this, they're helping to make the world more like what Jesus wants—full of love and unity.

### 5. Closing Prayer (5 minutes):

- Close with a prayer thanking God for teaching us to love one another and asking for help to live out that love.

#### **Example prayer:**

- "Dear God, thank you for sending Jesus to teach us how to love. Help us to love each other and live in unity like Jesus prayed for. Show us ways we can care for others this week. Amen."



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