

READ MATTHEW 5:41-42

DAY 1

What are some things you get asked to do by your parents, teachers, siblings and friends throughout the week? Write those under the first mile side. Then think about how you could go the second mile to really help and surprise that person. Write that under the second mile side.

FIRST MILE

SECOND MILE

_____	_____
_____	_____
_____	_____
_____	_____

Circle at least two that you can do TODAY!

THANK God for going the second mile—above and beyond—for you.

READ EPHESIANS 4:2

DAY 2

Have you ever wondered why someone did something that hurt you? Or have you ever found a person hard to love? Sometimes it helps to imagine things from their point of view—it might help us understand why they act the way they do. But it's not easy to do that, and it takes some serious effort on our part.

Ask a parent if you can borrow a pair of their shoes for a minute. Pick a pair that looks the most different from what you normally wear. Try to walk in them. How does it feel? It can feel silly or even uncomfortable to walk in someone else's shoes, but if we want to be patient and make friends with people who are different from us, we have to take the time and effort to understand where they're coming from and what they're thinking.

ASK God for the strength and patience to love people that are hard to love.

READ MATTHEW 5:43-44

DAY 3

Lift your right foot off the floor and make clockwise circles with it. At the same time, "draw" the number "6" in the air with your right hand. What happens? It's nearly impossible to do both at the same time, isn't it? You have to focus on one or the other.

It's hard to know HOW to love people sometimes, especially if they've been mean to us or have made us mad. Often the only thing we can do is pray for them. But there's something very powerful about praying for people. It's hard to be mad at someone and try to get even when you're praying! When you pray for them, it takes your focus off of what they did and puts your focus on what God can do and what He's already done.

LOOK for times to pray for those who have hurt you.

READ 1 PETER 4:8

DAY 4

Think of something someone has done recently that hurt your feelings. Write a short description of what that was on a sheet of paper. Then think of some ways that you can show love to that person or ways that other people have shown love to you. Write those things on top of the first sad thing until you can't even read it anymore. It's almost like you're erasing the hurt with a lot of love.

Love really can erase the hurt, but many times it takes a LOT of love and some time. But don't give up on loving someone, because one day you may find that you don't even remember how they hurt you in the first place. Or that it really doesn't matter, because so many other people, *do* love you.

KNOW that God can give you the strength you need to love those who hurt you.