

DAY 1

**WE LOVE
BECAUSE
GOD FIRST
LOVED US!**



Day 1: We Love Because God First Loved Us

Contents:

- **SWAT: 1 John 4:19**
- **(2) Coloring Pages**
- **Games:**
 - **Name Tag**
 - **Baby if You Love Me**
- **Craft:**
 - **Tie-Dye Hearts**

Supplies Needed:

- **Bible**
- **Large Sheet of Paper**
- **Markers/ Writing Utensils**
- **Coffee Filters**
- **Washable Markers**
- **Scissors**
- **Spray Bottle With Water**

Intro To SWAT

What is SWAT?

SWAT stands for **SILENT WATCH AND ANCHORED TIME**. It is our intentional time to dig into scripture and our daily theme. (AKA Bible Study!)

Our SWAT follows the **Hook, Book, Look, Took** model. This Model helps to make sure there are pieces of each SWAT to appeal to different styles of learning.

HOOK - Hook is an intro into the bible study. It helps to grab the attention of the group, get their brains to start thinking, and often to get some wiggles out! This is particularly great for Kinesthetic learners.

BOOK - Book is where we begin to dig into our Bibles! We have time to ask questions and analyze what the scripture is really saying. Through reading and discussions, this section is helpful for aural and verbal learners, and those who need to know the facts!

LOOK - Look is a hands on activity to emphasize what we learned about in the Book section. This section is helpful for people who are interested in seeing how things work.

TOOK - Took is an activity that often helps us apply the ideas we have discussed to the "real world." It helps us to ask the question, "so what?" Often this activity will be more reflective, and helps learners who need time to process information internally.

This particular SWAT curriculum is designed for youth entering 1-6th grade. However, with intentional conversations you can easily adapt the discussion questions to fit older youth as well.

The first day of SWAT is intentionally shorter so that you can also introduce the idea of SWAT to your group!



Day 1 SWAT

Biblical Text – 1 John 4:19

Concept - God's greatest commandment is to Love God and each other!

Supplies – Bible, Large Sheet of Paper, Markers/Writing Utensils

SWAT OPENING RITUAL

Open SWAT by placing objects of nature together in the form of a cross. Explain that this will be a symbol to remind us that God is present with us. OR create your own opening ritual!

Hook - *An activity to get some wiggles out and get ready for our Bible Study!*

Make A Connection!

How to Play: Give a series of "Get to Know You" questions. When each question is asked, you must walk around the group and find everyone who has the same answer as you! (i.e. if the question is "what is your favorite ice cream flavor?", everyone who would answer "Chocolate!" will form a group and everyone who would answer "cookie dough!" would form a different group).

Once everyone has found their group, take time to share what each group's answer is before moving on to the next question. (Note: Some people may not have a group for a specific question, but that is okay!)

Some questions may be:

- What is your favorite flavor of ice cream?
- What is your favorite thing to do in the summer?
- What animal would you like to have as a pet?
- Are you a first, middle, youngest, or only child?
- What grade will you be in next year?
- What is your favorite summer snack?
- What is your favorite sport?

POINT IS: GETTING TO KNOW EACH OTHER HELPS US GROW AS A FAITH COMMUNITY.

Book - *Let's dig into the Bible!*

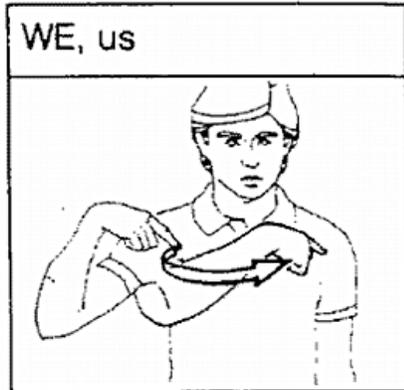
Read: 1 John 4:19

This is a short verse, so have several volunteers read it out loud!



Day 1 SWAT (Continued)

Re-read: 1 John 4:19 This will be our theme verse for the whole week! Memorize the verse by using the sign language (see below, video is also available) or by making up your own actions!



We - Using right hand, point to right shoulder and then point to left in a curved motion.



LOVE

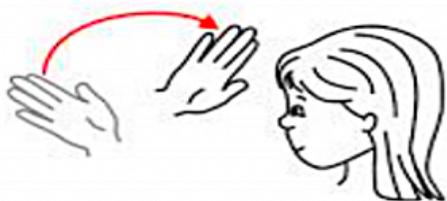
Love - cross arms over chest

WHY

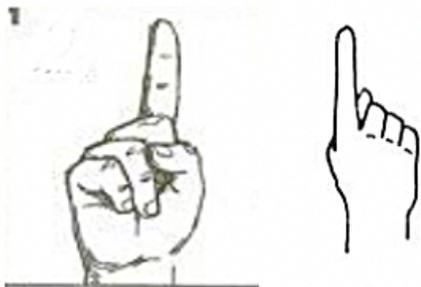


Because/why - confused expression with palm facing, open fingers, wiggle middle finger

Day 1 SWAT (Continued)



God - with flat hand, swipe hand by face



First - with index finger up and palm facing out, rotate to palm facing in



LOVE

Loved - cross arms over chest



WE, us

Us - Using right hand, point to right shoulder and then point to left in a curved motion.

Day 1 SWAT (Continued)

What About us Questions

- What makes you feel loved and cared for?
- According to this bible verse, why should we show love? (*Because God first loved us!*)
- How has God shown love to us?
- How do you see God's love show up in our world today? Who helps you see God's love?
- How do we show God's love to others?
- How do you show love to someone you don't get along with?

POINT IS: GOD'S LOVE IS A GREAT GIFT THAT WE GET TO SHARE WITH OTHERS!

Took - *What should we do?*

Group Covenant

What is a Covenant? (*A promise!*)

On a large sheet of paper, make a covenant together about how as a group we will be good examples of sharing God's love. Depending on how your group is using this curriculum, this could be focused on how you will show love throughout the week you are together, how you will show love anytime your group gathers, or a more general how you would like to show love in your community. Have everyone (including adult leaders!) sign the covenant when you are finished. Hang the covenant somewhere where the group will be able to see it.

POINT IS: WE CAN SHARE LOVE WITH OTHERS, JUST AS GOD FIRST SHARED LOVE WITH US.

CLOSING SWAT PRAYER & RITUAL

PRAYER

You can choose to make up your own prayer, have a someone in the group pray, or use this prayer:

Dear God,

Thank you for your generous love. Thank you for loving everyone for their unique self.

God help us love our neighbor just as you love us. Help us LOVE BIG!

Amen

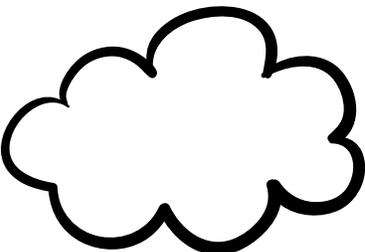
CLOSING SWAT RITUAL

Close SWAT by having the group create a handshake or actions that will be used as a "blessing." Include the words, *"God has and will always LOVE YOU!"*

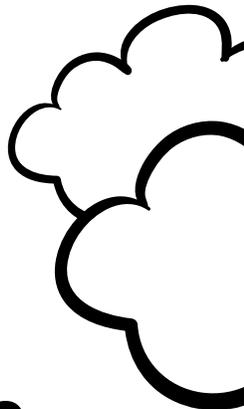




WE LOVE



BECAUSE



GOD FIRST

LOVED US!!

1 John 4:19



**WE LOVE
BECAUSE**



**GOD FIRST
LOVED US!!**

1 John 4:19



This game is a great way to help everyone learn each other's names! Have the group stand in a circle with one person in the middle.

Choose someone on the outside of the circle to start the round by calling out someone's name. That person must call out a name before the person in the middle is able to tag them. (i.e. Mark calls out "Savannah", now Savannah must call out a name before being tagged.)

When someone is tagged by the person in the middle before calling out a new name, they switch spots and become the new person in the middle.

***Tip:** Go around the circle a couple of times to review names before playing.

***Tip:** If you are worried about touching, you could give the person in the middle a pool noodle to tag with rather than using their hands. Have the group sanitize their hands before and after the game.

***Tip:** If you want to ensure everyone has a chance in the middle and/or want to keep the game short, you can add a rule that if someone is in the middle more than 2-3 times they can select someone else to take their place in the middle.

***Optional Addition:** If the group knows each other well or has mastered the names, you can have each person choose an animal or favorite food. Play the game the same way but using these new items rather than names! (i.e. if Savannah chose to be a sloth, Mark would call out "Sloth!" and Savannah would try to call out someone else's animal before being tagged.)

Baby if You Love Me

Day 1 Game

This game is all about keeping a straight face! Have the group stand in a circle with one person in the middle.

The person in the middle may go up to any other person and say **"Baby, if you love me, would you please please smile?"** (They may do anything they wish to get a laugh, but they cannot touch the other person!)

That person must successfully respond **"Baby I love you but I just can't smile"** without smiling or laughing! If they are unsuccessful, they will switch spots with the person in the middle.

***Tip:** If you have a large group, consider having multiple people in the middle at one time.

***Optional Addition:** As the person in the middle continues to ask "Baby if You Love Me", those around the circle can try to sneakily change spots! To do so, make eye contact with someone across the circle and at the same time try to switch spots as quickly as possible.

If the person in the middle notices, they can try to jump into one of the spots of the people switching. Whoever is left without a spot is now in the middle.

***Tip:** Begin with just "Baby if You Love Me" and when the group is comfortable with those rules, you can add in the extra movements.



Tie Dye Hearts!

Day 1 Craft

Supplies Needed:

- Washable markers
- Coffee Filters
- Scissors
- Spray bottle with water

What to Do:

1. Color the coffee filter with washable markers.
***Tip:** The colors will eventually bleed together, so some white space is okay!
2. Fold the coffee filter in half and carefully cut it into the shape of a heart.
3. Lightly spray the heart with water and watch the colors come together!
***Tip:** Give the water some time to do it's magic before adding more! You can always add more water, but you can't take any away.
***Tip:** Do this step outdoors or on a well covered surface! Allow the hearts to dry completely.



***Tip:** To simplify this craft for younger youth, have the hearts pre-cut for them.

***Tip:** This craft is very quick, so it is easy to allow everyone to make more than one heart! You could have them create extras to decorate your church space or to send to members of the congregation.