

**Hear It and Do It!**

(based on James 1:19–27; 2:1–7)

Many years ago, when the church was just beginning, a group of people met together to worship God and learn about following Jesus' way of love.

One day, a letter arrived from one of the church leaders named James. The letter had something important to say about what it means to be a follower of Jesus:

Dear friends,

Leader: Listen to what Jesus says.

Response: Hear it and do it!

Be quick to listen and slow to be angry.

Be kind and helpful. Look after everyone.

Leader: Listen to what Jesus says.

Response: Hear it and do it!

The people looked at one another, "We can do this!" they said.

Leader: Listen to what Jesus says.

Response: Hear it and do it!

The people worked together to find different ways of doing what Jesus said.

They helped others.

They welcomed everyone.

They shared their food.

They used kind words.

Every time they met together they reminded one another:

Leader: Listen to what Jesus says.

Response: Hear it and do it!

The people knew that, when they followed Jesus' teachings, they were doing what God wanted. Sometimes it was hard. Sometimes they made mistakes. But they kept reminding one another. And they kept trying.

Leader: Listen to what Jesus says.

Response: Hear it and do it!

And the church kept on growing.



Hear It and Do It!

(based on James 1:19–27; 2:1–7)

Use one or more activities from each section to explore grace and gratitude with your children this week.

Recognizing God's Grace

- Read and enjoy the story with your family members—imagine and wonder.
- Practice listening skills by playing Red Light, Green Light or Simon Says.
- In pairs, have one person tell a story while the other person pretends to ignore them. Trade roles and talk about how frustrating it is when someone doesn't listen.



Responding to God's Grace

- Make a poster using sticky notes. On each sticky note, write or draw a picture of one of the ways the letter from James encouraged people to act and ways the people acted. Put the sticky notes on the poster and display it where everyone can see it to remind you, just like the people James wrote to, to keep trying!
- Practice breathing while counting slowly to ten before speaking. The next time you are angry, remember the slow counting and gentle breathing before you speak.

Celebrating in Gratitude

- Imagine that someone is encouraging you to be unkind to another person. Think of ways you can choose your words carefully and be kind to all.
- Invite a discussion of manners to be used in public. A few ideas are saying *please* and *thank you*, holding the door for someone else, and making eye contact and smiling.
- Invite your family members to think of uplifting things to say. Some examples: “Good job! I like how you did that!” “You are important.” “That was kind.”
- Pray this prayer each day this week:

God, thank you for showing us how to help one another. Amen.