

BELOVED [be loved]

[cultivating connection]

Is there anything more important than our children knowing that no matter what, they are deeply loved? Not just by us, but by God?

You have probably heard the phrase, "Hurt people hurt people." It certainly seems to be true - when someone is inflicting pain on another or even on themselves, it is coming from a place of pain or brokenness. On the flip side, let's agree that "Loved people love." Before we can authentically love others, we must first allow ourselves to be loved.

Identity Formation 101: you are loved

As you journey through February as a family, take time to incorporate the blessing from scripture found in Ephesians 3:16-21. Here are some ideas:

- read it aloud at each family dinner
- read it as a blessing as children go to bed
- memorize it as a family
- take turns praying it over each other as a blessing

Define yourself as one radically loved by God. This is your true self, every other identity is an illusion.
~ Brennan Manning

Ephesian 3: 16-21



I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge - that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever!

[Cultivating Conversation] | give your dinner table a conversation kick start!

How do you know God loves you?	One way I can show love to the person sitting on my right is ...	Close your eyes. Picture someone you know who needs to know they are LOVED. How can you help them feel loved?
I feel loved when...	If love were a color, I think it would be ...	One way I can show my teacher or classmates love is ...
If you could give any valentine's day gift to your class, what would it be?	What do you think it means to be "rooted and established in love"?	Read Ephesians 3:16-21 as a blessing over your family.

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