

# Healthy Relationship Concept: Unconditional Love and Affection

Use with  
Lessons:

Love Your Neighbor

Love One Another

Respecting Others

## Session Goals:

- God loves us unconditionally.
- We are called to love others as God loves us.
- Jesus tells us to love God and our neighbors.
- When we love our neighbors as ourselves we are following the "Golden Rule."
- If someone puts conditions on their love, that is not the kind of love God intended for us.
- Love requires respecting others and ourselves.

## Discussion:

### I Love You. Grades PreK - 4

**God says, "I Love You."** God doesn't say "I love you because..." or "I'll love you if..." In fact God loves us so much He is willing to forgive us our sins and willing to give His only son so that we can be with Him forever. When Jesus told us to "Love God with all your heart" and to "Love your neighbor as yourself" He meant for us to show love unconditionally. That means that our neighbor doesn't have to do anything special—they don't have to meet any conditions to be deserving of our love:

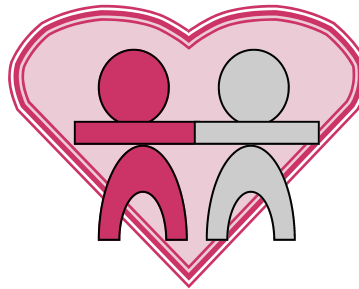
- they don't have to look or dress a certain way
- they don't have to do everything we say

## Activities / Games

### Game / Activity - Love your Neighbor BINGO

Grades 2- 4. Introduce the activity by reminding that Jesus asks us to love our neighbor. Identify that our neighbor can be anyone - a friend, a family member, a classmate, a teacher, someone we don't even know. We are asked to love and care for all human beings, but the way we show love to each may be different depending on the kind of relationship we have with them. Have the class identify ways to show love that would be appropriate in

- they don't have to be famous, or popular, or talented.



**We are deserving of unconditional love.** God meant this same kind of unconditional love for us too. If someone tells you :

- "I won't love you if you don't do what I want."
- "I only love you because you are (pretty, or strong, or smart)"

their family, with their friends, in the classroom, etc. Give each child a bingo card and some markers (paper, beans, candies, buttons, etc). Play a game of BINGO from each category, calling out ways that are appropriate to show love in each. (e.g. "Classroom BINGO" might include listening, following rules, praying together, reading together, etc. but would NOT include kissing, snuggling, spending time alone together, etc.; while any of the items might be called for "Family BINGO.")

- If you have to prove that you deserve someone's love

...That's not unconditional and that's not what God had in mind for us.

**How can I show love?** We can show love in many ways. In our Church community we show love when we offer each other the sign of peace. We show love when we help others, when we use kind words, when we follow the rules, when we pray for one another, and when we pray together. We show love to our friends in many of the same ways, and by sharing and playing together. In our families we might show love by giving hugs, or being close. We also show love to our parents by sharing our thoughts and feelings with them.

### Love is—sharing. The Golden Rule

Pre K—1. Give each child a cup / sack. Provide bite sized snacks such as popcorn, dry cereal, pretzels, etc. Tell the students that they will be serving a snack to each other. Explain the Golden rule that Jesus asks us to follow. Ask them to think about the Golden Rule when deciding how much snack to put in their peer's cup. If they follow the Golden Rule—be sure to notice how much more snack they receive that when they serve themselves.

# Love Is...

## How am I?

LOVE IS PATIENT

Love is **Kind**

Love is NEVER Jealous or Boastful

Love is NOT Arrogant or Rude

Love does not Insist on its own way

Love does not rejoice in wrongdoing,

but rejoices in the truth.

LOVE NEVER GIVES UP

Love's faith, hope, & patience never fail.

1 Corinthians 13: 4-7

To evaluate what kind of relationships your children are witnessing try reading this scripture beginning with "Am I?" or "Do I?", then substitute the name of your spouse or significant other, your child's teacher, peers, pastor, and other adults in your child's life.

## Discussion Grades 9-12 Love is...

**1 Corinthians 13: 4-7** gives us a good definition of what it means to love one another. Many couples select this reading when they celebrate the sacrament of marriage, but these qualities are not just qualities of marital or romantic love. Patience, kindness, humility, truthfulness, perseverance, dignity and respect for others are qualities of all right relationships. Paul's words to the Corinthians provide us with a good means of evaluating our relationships with others; helping us to discern if we are making good choices in our actions toward others, and helping us to steer clear of hurtful or abusive relationships.

**Some signs of an abusive relationship are clear:**

- when someone is hurtful to another
- when someone insists on their own way with little regard for the needs of others
- when someone degrades or humiliates others

**Other signs of an abusive / controlling relationship are less clear**, and in fact, some of the very same things that indicate that a relationship isn't right can feel pretty good. We may feel flattered if someone expresses jealousy or is possessive of our time and attention. We may experience a sense of excitement in wrongdoing, or may feel arrogance / pride in gaining the attention of someone who seems unattainable or unapproachable.

Unfortunately, a relationship built on these qualities is likely to be hurtful to one or more of the individuals involved. Jealousy / possessiveness can be a sign of a desire for control that can quickly turn into abusive behavior.

### Read 1 Corinthians 13: 4-7.

- When you come to the words "Love is" substitute "I am" to help discern how you are showing love to others.
- Substitute the name of someone significant in your life to help you determine if the relationship is really right for you.

If you think that you are involved in an abusive relationship, you may need help getting out. Tell a trusted adult.

## Discussion Grades 6-8 "If you really love me..."

How many of you have heard someone say, "If you really love me you will...(take out the trash... listen to what I say, let me do what I want)"? Sometimes people say it without even thinking. As we grow older and enter more exclusive friendships and relationships it is important to keep in mind that we are called to

love one another unconditionally. When someone creates conditions, challenging us to prove our love or prove that we are deserving of theirs, they are not modeling the kind of unconditional love God desires for us. When we are loved unconditionally we desire to serve, to listen, to open our hearts to others. True love is based on respect for ourselves and

others. Remember that God loves you unconditionally and that you are deserving of such love as a creature of God.

If someone is violating your boundaries, treating you disrespectfully, or asking you to give up your values in the name of love; let them know, "Love doesn't work that way."

## Discussion Grades 4-6 Choosing Love

As Catholic Christians we are called to love our neighbors as ourselves. We are called to respect all human life and to see Christ in all people. Our love is a concern for others based on our commitment to Christ Jesus. If we truly see Christ in others,

how can we not treat others with respect. Think about the time you spent with other people today, think about the choices you made—the things you said and did.

Now, picture each of those other people as Jesus. Would have made the same choices? How would your day

have been different if others had seen Christ in you?

You can make a great difference in the world through the choices you make. If you see Christ in others, you will help others to do the same—and they will see Christ in you.

## A Note to Parents

This week we discussed the Right Relationship concept of unconditional love in the context of our religious education lesson. We discussed how God loves us unconditionally and calls us to love our neighbor. We stressed that God wants us to experience the same kind of unconditional love He offers in all of our relationships. We encouraged our students to treat others with respect and to recognize that they too are deserving of respect from others. We differentiated love that is based on meeting certain conditions (“I’ll only love you if...” or “I only love you because...” ) from unconditional love and encouraged your child to share their feelings about relationships with you.

Love Is...  
 How am I?  
 LOVE IS PATIENT  
 Love is **Kind**  
 Love is NEVER Jealous or Boastful  
 Love is NOT Arrogant or Rude  
 Love does not Insist on its own way  
 Love does not rejoice in wrongdoing,  
 but rejoices in the **truth.**  
 LOVE NEVER GIVES UP  
 Love's **faith, hope, & patience** never fail.  
 1 Corinthians 13: 4-7

To evaluate what kind of relationships your children are witnessing try reading this scripture beginning with “Am I?” or “Do I?”, then substitute the name of your spouse or significant other, your child’s teacher, peers, pastor, and other adults in your child’s life.

At the high school level, we encouraged our students to read 1 Corinthians 13: 4-7 and substitute the words “Am I” for “Love is” to help them discern their role in their current relationships. Next, they were encouraged to substitute the name of significant others in their lives (e.g. friends, boy / girl friend, etc) to help them assess the health of their current relationships. We discussed some signs of risk for abuse in relationships and encouraged them to seek help if they believe they are in an abusive relationship.

If you or your teen are concerned that they are in an abusive relationship, you can help by doing the following:

- Communicate your unconditional love and support for them.
- Don’t criticize or attack their friend / boyfriend/ girlfriend.
- Share with them your beliefs about unconditional love and right relationships.
- Let them know that you believe they are deserving of unconditional love.
- Seek out additional information on signs of abuse.

There are many resources available within your community or through the Diocesan Child Protection Office. Call (308)382-6565 or email [cpo@gidiocese.org](mailto:cpo@gidiocese.org) for more information

**DIOCESE OF GRAND  
ISLAND CHILD**

Child Protection Office  
2708 Old Fair Road  
P.O. Box 1531  
Grand Island, NE 68802

Phone: 308-382-6565  
Fax: 308-382-6569  
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cpo@gidiocese.org



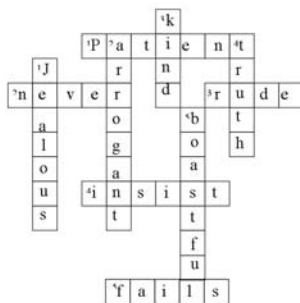
Diocese of  
Grand Island  
Child  
Protection  
Office

**Key for Activity Grades 4-6**

Page 4

Grades 2-4 Activity

**Crossword Puzzle  
Love Is...**



Across:

1. Love is \_\_\_\_\_.
2. Love \_\_\_\_\_ gives up.
3. Love is not \_\_\_\_\_.
4. Love does not \_\_\_\_\_ on its own way.
5. Love never \_\_\_\_\_.

Down:

1. Love is never \_\_\_\_\_.
2. Love is not \_\_\_\_\_.
3. Love is \_\_\_\_\_.
4. Love rejoices in the \_\_\_\_\_.
5. Love is never \_\_\_\_\_.

patient kind insist fails arrogant  
boastful jealous truth never rude

If you need help, look up 1 Corinthians 13: 4-7

**Add this to your  
Resource Binder**

Please keep these materials and add them to the resource binder you started last month for your catechists.

If you have ideas for future issues, questions, or feedback on the materials you have received to date. Please contact the Diocesan Child Protection Office at (308) 382-6565 or cpo@gidiocese.org.



Circle the pictures that show love.



## Love your Neighbor

I can show love by:

Helping.

Sharing.

Using kind words.

Playing together.

Praying.

Following the rules.

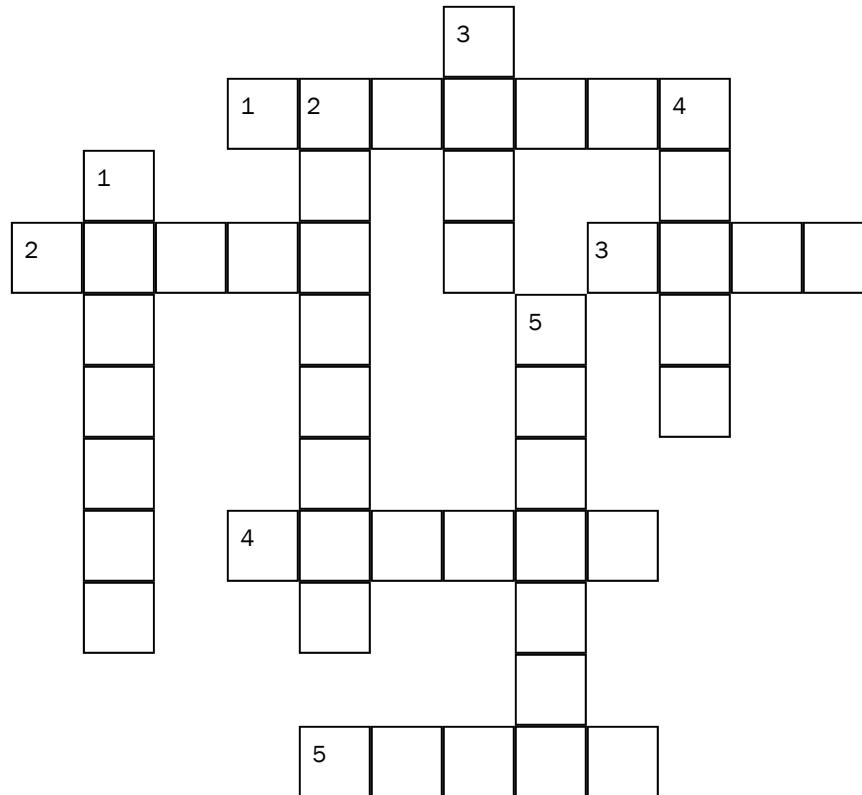
Sharing my thoughts and feelings.

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Crossword Puzzle

# Love Is...



**Across:**

1. Love is \_\_\_\_\_.
2. Love \_\_\_\_\_ gives up.
3. Love is not \_\_\_\_\_.
4. Love does not \_\_\_\_\_ on its own way.
5. Love never \_\_\_\_\_.

**Down:**

1. Love is never \_\_\_\_\_.
2. Love is not \_\_\_\_\_.
3. Love is \_\_\_\_\_.
4. Love rejoices in the \_\_\_\_\_.
5. Love is never \_\_\_\_\_.

patient	kind	insist	fails	arrogant
boastful	jealous	truth	never	rude

If you need help, look up 1 Corinthians 13: 4-7

## Love Is .... How am I?

Read the following statements about love from **1 Corinthians 13: 4-7**. Rate yourself on a scale of 1 (not at all) to 10 (very much) for each of your significant relationships. When you are finished, think about how the people you are in relationships with would rate. How loving are your relationships?

<b>Love is Patient</b>					<b>Love is not Rude</b>										
How patient am I? with my Parents?	(not at all)		(very much)		Do I act rude? to my Parents?	(not at all)		(very much)							
	1	2	3	4	5	6	7	8	9	10					
Siblings?	1	2	3	4	5	6	7	8	9	10					
Boy/girlfriend?	1	2	3	4	5	6	7	8	9	10					
Friends?	1	2	3	4	5	6	7	8	9	10					
<b>Love is Kind</b>					<b>Love does not Insist on it's own way</b>										
How kind am I? to my Parents?	(not at all)		(very much)		Do I insist on my own way?	(not at all)		(very much)							
	1	2	3	4	5	6	7	8	9	10					
Siblings?	1	2	3	4	5	6	7	8	9	10					
Boy/girlfriend?	1	2	3	4	5	6	7	8	9	10					
Friends?	1	2	3	4	5	6	7	8	9	10					
<b>Love is never Jealous</b>					<b>Love does not rejoice in wrongdoing</b>										
Am I jealous? with my Parents?	(not at all)		(very much)		How often do I find myself doing wrong?	(not at all)		(very often)							
	1	2	3	4	5	6	7	8	9	10					
Siblings?	1	2	3	4	5	6	7	8	9	10					
Boy/girlfriend?	1	2	3	4	5	6	7	8	9	10					
Friends?	1	2	3	4	5	6	7	8	9	10					
<b>Love is never Boastful</b>					<b>Love rejoices in the truth</b>										
Am I boastful? with my Parents?	(not at all)		(very much)		How truthful am I? with my Parents?	(not at all)		(very much)							
	1	2	3	4	5	6	7	8	9	10					
Siblings?	1	2	3	4	5	6	7	8	9	10					
Boy/girlfriend?	1	2	3	4	5	6	7	8	9	10					
Friends?	1	2	3	4	5	6	7	8	9	10					
<b>Love is not Arrogant</b>					<b>Love never gives up</b>										
Do I show arrogance? toward my Parents?	(not at all)		(very much)		How often do I give up?	(not at all)		(very often)							
	1	2	3	4	5	6	7	8	9	10					
Siblings?	1	2	3	4	5	6	7	8	9	10					
Boy/girlfriend?	1	2	3	4	5	6	7	8	9	10					
Friends?	1	2	3	4	5	6	7	8	9	10					
					on my Parents?	1	2	3	4	5	6	7	8	9	10
					Siblings?	1	2	3	4	5	6	7	8	9	10
					Boy/girlfriend?	1	2	3	4	5	6	7	8	9	10
					Friends?	1	2	3	4	5	6	7	8	9	10

L O V E			
Giving Hugs	Following the Rules	Helping Clean Up	Playing a Game
Using Kind Words	Kissing	Praying Together	Sharing my Toys
Telling the Truth	Spending Time Alone Together	Giving a Backrub	Giving a Compliment
Sharing my Feelings	Reading Together	Giving a Gift	Snuggling Together

L O V E			
Reading Together	Listening	Praying Together	Playing a Game
Using Kind Words	Spending Time Alone Together	Helping Clean Up	Holding Hands
Telling the Truth	Following the Rules	Giving a Backrub	Giving a Compliment
Sharing my Allowance	Giving Hugs	Giving a Gift	Sending notes or letters

L O V E			
Playing a Game	Following the Rules	Helping Clean Up	Sharing my Feelings
Using Kind Words	Spending Time Alone Together	Praying Together	Sharing my Allowance
Telling the Truth	Listening	Giving a Backrub	Giving a Compliment
Sending notes or letters	Reading Together	Giving a Gift	Snuggling Together

L O V E			
Reading Together	Following the Rules	Helping Clean Up	Playing a Game
Using Kind Words	Kissing	Praying Together	Sharing my Toys
Telling the Truth	Snuggling Together	Giving a Backrub	Giving a Compliment
Sharing my Feelings	Giving Hugs	Giving a Gift	Spending Time Alone Together