



SESSION 9: LET'S EAT

1—LOVE YOUR ENEMIES

You must go to Matthew 5:43-45.

Do you know someone who (check all that apply):

- ☐ is a bully at your school?
- ☐ has a bad attitude toward teachers?
- ☐ has been in a physical fight?
- ☐ makes you really mad?

Jesus says that we are supposed to love our enemies. That seems so weird. In our world, you avoid your enemies, even try to get revenge against them, but you certainly don't *love* them! *Why* would Jesus say this?

Jesus came to teach us how God wants us to live. By loving your enemies you ultimately love God. Think of some people who are hard for you to love. Tell God you want to love Him today by loving these people. Ask Him for His strength, as it will no doubt be hard—actually impossible—without His power.

2—ACCEPT, NOT EXCEPT

Be careful—Romans 15:7 just might make you think!

Gwen was pretty popular at school and she and her friends all seemed to belong to the “in” crowd. There was a new girl at school named Megan. Megan had glasses and jeans that had holes in them. At Megan's old school she was teased all the time. To Megan's surprise, Gwen invited her to eat lunch with her and her friends. Megan was blown away at Gwen's kindness.

The story rarely turns out like this. So many times we judge other people and don't accept them at all. God clearly says in Romans 15:7 that He wants us to accept other people for two reasons: (1) We need to accept others because God accepts us; and (2) when we accept others, we bring praise to God.

Do you want to bring praise to God? Try to be accepting of other people. Who can you invite to eat lunch with you and your friends today?

3—LET THE ANGER GO

Do five jumping jacks and turn to James 1:19-20.

What really gets you angry? Check all that apply:

- ☐ When someone eats all of the dessert before you get any. (Maybe you should have finished off those green beans a little quicker.)
- ☐ When you have a substitute teacher who actually makes you do schoolwork
- ☐ When your little sister bugs you while you are on the phone or online with that special someone
- ☐ When you have a bad game

So many times we get angry with other people. This anger can really hinder how we relate to each other. As followers of Christ, we should be able to look past the anger because God looks past all of the stuff that we do. When we really experience God in our lives, we realize that anger is not cool in God's eyes.

Who are you angry at today? How can you look past the feeling of anger you might have toward that person? Go ahead; try it!

4—WHEN TO FORGIVE?

Colossians 3:13 is calling your name.

Tim and Nathan have been friends for a really long time. Last week, Tim got really upset because Nathan accidentally broke one of his video games. Nathan felt so bad about breaking the game that he borrowed money from his parents to replace it. The next day, Nathan took the new game and went over to Tim's house. He asked Tim to forgive him for breaking the game and handed him the new one. Tim forgave Nathan and they went inside to play the new game.

Should Tim have forgiven Nathan even if he hadn't replaced the game? Look at Colossians 3:13 again. So many times we don't forgive people who have hurt us, whether they ask for forgiveness or not.

Who are some people who you might need to forgive? Pray for them by name today and ask God what He might want you to do.