

Sunday, June 4th

This past Sunday was our seventh week of “Immanuel CrossFit – Love Edition” and we taught the kids that **Love always hopes, always preservers**. We used the story of Nehemiah rebuilding the wall of Jerusalem to teach this. Many years before the story of Nehemiah, the city of Jerusalem had been attacked. The Israelites were imprisoned and exiled while the temple was destroyed and the city wall was torn down. After many years, the Israelites were allowed to move back to Jerusalem and rebuild the temple. However, they did not rebuild the wall, which was essential for protecting the



Kids build a wall out of cardboard boxes just as Nehemiah built a wall out of bricks.

city. Then the King of Persia, King Artaxerxes proclaimed that there would never be a wall around the city of Jerusalem again. However, Nehemiah, an Israelite, was the cupbearer for King Artaxerxes, meaning he was very close to the King and was trusted by the King. When Nehemiah heard that Israelites were back in Jerusalem and had rebuilt the temple but there was no city wall, he was very upset. He knew having a city wall was so crucial for the Israelites to protect themselves. So he went to King Artaxerxes to ask if he could go and rebuild the wall and the King said YES!!! Nehemiah started the long project of rebuilding the wall.

However, during the building of the wall many leaders from nearby cities came and tried to stop them. They threatened to kill the Israelites and Nehemiah. But Nehemiah and the Israelites prevailed and completed the wall.

Through this story, we can learn to have hope and to preserve in any situation. Nehemiah had so much against him but he was determined to rebuild the wall. He had hope went he went to the King to ask permission to rebuild the wall even though the King was the one who decided that the wall would never be rebuilt.

We challenged the kids to have this kind of hope and perseverance. As the children discussed how they could do this, they decided on some Love Dares, which are listed below:

Preschool: I will have hope even when I am discouraged. When I am showing love to others and they are not showing that love back, I will continue to love them and will hope that one day they will show me love back.

K-Gr. 2: I will persevere through the hard things like chores and listening. I will not be scared but have hope instead.

Gr. 3-5: I will persevere through the hard things like school tests and track and field.

It is so crucial to talk about the Love Dares at home with your children. Ask them if they have completed their Love Dare for the week. Remind them to look at the fridge and see what love attributes they have learned.

Memory Verse: A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another. John 13:34-35

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