## Come Follow Me FHE About This Download

## PRINTING

The majority of our downloads are formatted to print on 8.5x11" paper, unless otherwise noted. You may print at home or at a local print shop. We recommend using a recent version of Adobe Acrobat PDF Reader to view and print your files. It is available for free online. If you run into problems with pages being cut off, select "fit to page" in your print dialogue box to make sure it fits on your page correctly.

To print large page sizes (anything larger than 8.5x11"), we recommend going to a local print shop like Kinko's, Staples, AlphaGraphics, etc. and ask them to print your file as a black and white "engineer print" or "blueprint." These larger prints are big and fun, and fairly inexpensive.

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As a family, read John 13:34-35. Discuss how you can follow this commandment with your family. Ask your children if it is ever difficult for them to love others. Work together to think of ways to love others, even when it is hard. For example, you can pray to love others as Jesus loves them. You can also serve others to show love to them. Talk about the baptismal covenant and how we promise to become disciples of Jesus Christ. One way to be a disciple of Christ is by loving others as He did.

Explain to your children that as you show love to others and serve them, your love will grow for them and for Jesus. Use the following object lesson to show how your love (heart) can grow when we love others.

Supplies: red and pink construction paper scissors pan (9x13 or similar) water

1. Use the heart template to trace a heart for each family member. Cut out the hearts and fold along the lines.

- 2. Fill your pan about half way full of water.
- 3. Take turns placing each heart on top of the water.
- 4. As the heart absorbs the water, it will "grow" and be able to love more.

