

Foundations

What Does Love Look Like To You?

*Best for ages 9 and up. **The goal of this discussion to help children understand the correlation between love and attention.***

There is a common misconception that love equals no expectations, when the reality is the opposite.

The more one loves something the more time and energy he invests in it, and the higher his hopes, dreams and expectations are for it.

Ask your children to identify one or more things that they love. They may provide a variety of answers, ranging from people, to a sport, to electronics. Once they've provided an answer, ask them how they show their love to their identified response.

For example:

Child: I love my phone. I spend at least 3 hours a day on it and I expect it to work all the time. When it freezes up or the battery dies before I thought it would, I feel disappointed and frustrated.

Child: I love my bike. I bike ride every day in the summer and when it's raining I can't wait for it to stop raining so I can bike ride again. When the chain falls off, or I get a flat tire, I feel annoyed and mad that I need to spend time fixing it before I can ride it again.

Child: I love my niece! Whenever I'm done with my homework I go over to her house and play with her or take her for a walk. When she's sick I feel really sad that I can't spend a lot of time with her and I feel anxious for her to get better.

This discussion is designed to help children understand that the more you love/value something, the more time you spend with it and the more expectations and hopes you have for/from it.

In each of these examples, the children identify something simple that they love/value as well as their expectations from it. They acknowledge disappointment when their expectations fall short. The less one cares about something, the less time they spend thinking/talking/doing anything about it.

Once this concept is explored, segue into how Hashem's unconditional love for us translates into His undivided attention and expectations from us.

If we have expectations from basic items that we love and feel disappointed when they are not met, imagine what Hashem's expectations are from us and how He "feels" when they are not met.

If He did not care about us or value us, He would not have expectations from us and would not "feel upset" when they are not met.



Building Our Future Today.