

Phil 2:5 You must have the same attitude as that of Christ Jesus

Fil 2:5 Dieselfde gesindheid moet in julle wees wat daar ook in Christus Jesus was:



## CHAT TIME

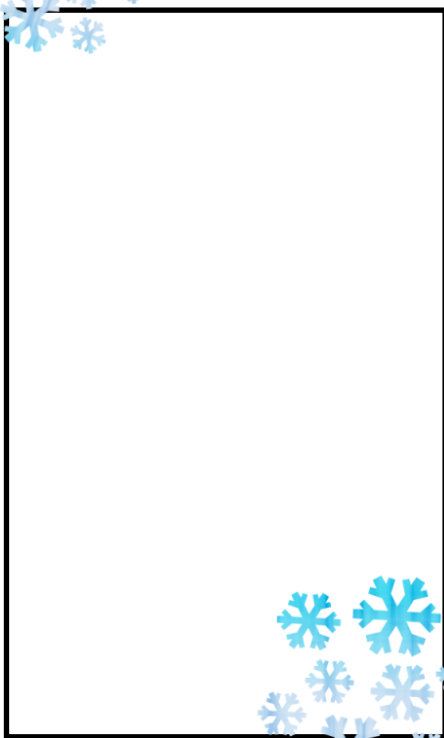
- Read Luke 1: 40-42 ( Lees Lukas 1: 40-42)
- What do you know about leprosy? Discuss ( Wat is melaatsheid? Gesels saam)
- What would it feel like to be a leper?( Hoe dink jy sou dit voel om 'n melaatse te wees?)
- What do you think it felt like to the leper when Jesus touched him? ( Hoe dink jy het die melaatse gevoel toe Jesus aan hom gevat het?)

Cold vs Caring Attitudes

- **Cold challenge: See how long you can hold a glass of ice or frozen water bottle in your hand**
- **Make a hot chocolate/ Tea/ Coffee : put your cold hand around your hot drink—feels good!**

*Cold attitudes hurt others and ourselves! Caring attitudes make us focus on what other people need and might be feeling and what we can do to make them feel cared for. God cares about us ( Isaiah 40:11) so we should match that attitude!*

## CHECK YOUR ATTITUDE / CARING



Draw a snowman/women with the following accessories :

- Hat / hoed
- Scarf / serp
- Gloves / handskoene
- Funky buttons / oulike knope



### THINK / DINK

The snowman would be very dull without all the trimmings you gave him! All the stuff you added to him **made him better!!** This is like caring: the stuff we do for others are like the accessories—it makes their day better!!

Die sneeuman sal baie vaal wees sonder al die bykomstighede wat jy vir hom/ haar gegee het! Al die ekstra goed het hom/ haar beter gemaak! Dis hoe omgee werk: die goed wat ons vir ander doen is soos die bykomstighede—dit maak hulle dag beter!!

Lesson 3: Tune Your Attitude/ Cold vs Caring

Let's Chat:

- What 2 actions did Jesus do in today's story? ( Watter 2 aksies het Jesus gedoen in vandag se storie ( Mark 1: 40-42) ( touched and healed / geraak en gesond gemaak)
- How do you think the man felt when Jesus touched him? ( hoe dink jy het die man gevoel toe Jesus aan hom gevat het?)
- When do you feel like someone is caring for you? ( Wanneer voel dit vir jou iemand gee om en sorg vir jou?)
- God takes care of you—just like a shepherd takes care of his sheep - how does that make you feel about GOD? God sorg vir jou - net soos 'n herder sorg vir sy skape—hoe laat dit jou voel oor GOD?
- Jesus demonstrated a caring attitude we need to follow this and tune our attitude if its too cold
- Jesus het 'n omgee gesindheid gewys vir ander—ons moet hom volg en ons gesindheid verander as dit te koud is!

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Check your attitude: " cold vs caring"



Think of 5 things you can do that would make others feel "warm and good" this week ( just like holding a mug of hot chocolate!!)Dink aan 5 goed wat jy kan doen die week wat ander " warm en goed" sal laat voel—net soos jou hande voel as jy n beker warm sjokolade vashou!

Example: Give them a smile / Gee ander n glimlag

- 1.
- 2.
- 3.
- 4.
- 5.

Design your own mug!  
Ontwerp jou eie beker

