

# Middle School youth and their families try



## The **JESUS** difference

### **Matthew 5:38-42**

*We watched the news and the police protests ... we talked about how meaningless these protests and violence are... they need to move on in peace.*

Instead of talking back we kept quiet and arguments were avoided.

*My brother was teasing me but I didn't retaliate... this made everyone happy, including my mom because there was no fighting.*

When someone did something wrong to me I didn't do it back... it's easier to forgive.

### **Matthew 5:43-48**

I was nice to one of my enemies... no one got mad!

*We had a family situation where we felt like each other's enemy, but rather than be hateful we were willing to be open and helpful to each other.*

I was friendly to someone who was mean and that made the person act nice instead of mean!

### **Matthew 6:19-24**

We decided that Heaven's treasures are things like kindness, friendship, love, patience, etc. So we look for ways to show and share these treasures... share a smile or encouraging word... bring LIGHT to others!

### **Matthew 6:25-34**

*We watched the ocean and birds in Maine... we saw the beauty in the ocean and sky when we visited on a super cold day. It was still beautiful... some might overlook it because of the time of year.*

I try to let God take care of things and not worry... I feel less stress!

*I helped my brother while he was feeling anxious... it made me feel good that I could be there for him.*

We volunteered to deliver food/dinner to a needy family on Christmas... we thought of others first, put others before ourselves.

### **Matthew 7:12**

My sister was sad and I did something to make her feel better. She was happy and I knew I did the right thing.

### **Ephesians 4:26**

I got mad during a game and I asked what Jesus would do in that situation... so I didn't over-react... I felt good and at peace!