

## **Brothers and Sisters**

n/a

### **Ready:**

*"Therefore, be imitators of God, as dearly loved children. And walk in love, as the Messiah also loved us and gave Himself for us, a sacrificial and fragrant offering to God."* -Ephesians 5:1-2

### **Set**

Speed skater Kristen Talbot made headlines in 1992 when she gave up her Olympic dreams to donate bone marrow to her critically ill brother. Talbot proved that she wanted to keep her brother in her life and was committed to doing everything she could to support him during his physical illness, even at the expense of the hard work and practice she had put in on the ice over the years. She demonstrated extreme personal sacrifice to benefit someone she loved.

Often we take our brothers and sisters for granted. We do not carve out time from our schedule to spend with them. We don't invite them to join us in activities. We don't ask about their days or show interest in their lives.

In Ephesians 5:1-2 the apostle Paul tells us to *"walk in love, as the Messiah also loved us and gave Himself for us."* Consider ways that you can live out Paul's instruction by serving your family members.

For example, you might want to surprise your brothers or sisters by doing their chores for them. Take the time to listen to them instead of ignoring what they say. Invite them to join you and your friends for an activity. Ask forgiveness for times when you treated them unkindly or spoke harsh words to them.

As you give up something for a family member, think about what Jesus Christ gave up for you: His life. And in doing so, He made it possible for you to experience ultimate forgiveness and a personal relationship with God for eternity.

### **Go**

1. How do you treat your brothers and sisters? How do you treat the rest of your family members?
2. Today, how can you show them that you love them based on the example of Christ's love for us?
3. How does this lesson apply to the rest of your brothers and sisters in Christ?

### **Workout**

1 Peter 3:8-9; 1 John 3:11-24

## Overtime

*Jesus, I don't say it enough, but thank You for Your sacrifice on the cross. All of Your actions were done out of love. Please help me demonstrate that love with my own actions. Help me appreciate my friends and family whom You have placed in my life, and show me how I can serve them in love. Don't let me take them for granted. Amen.*



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