I AM WORTHY Facilitator's Guide

Middle School

#2 | I Am Worthy of Love

Lesson Overview

This lesson (35 to 45 minutes) helps students understand that love comes in many forms, and they are worthy of love simply because they were created with value. Through storytelling, discussion, affirmation, and a fun object lesson, students learn what love is while being assured that, even when others don't know how to love us, each of us is worthy of love.

Learning Objectives

By the end of the lesson, students will be able to:

- Identify what love is and different kinds of love in their lives.
- Express ways they give and receive love.
- Understand that they are worthy of love, no matter how others may treat them.
- Affirm their value and belonging.

Supplies Needed

- Blue Bell ice cream cups or another tasty treat — one per student
- Journals or paper
- Crayons, markers, or pencils
- One printed and cut set of Can You Earn Love? scenario cards per table
- One TRUE card and one FALSE card per table

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Introduction: What Do You Love? (3–4 minutes)

Lead Teacher

Say:

> "I love the Houston Texans!" (Or share something you genuinely love or really enjoy.)
>
> "Okay, what about you? What are some things you love?"

Allow students to call out several answers.

> "Wow, we use the word *love f*or a lot of things!"
>
> "People say they love pizza, or this hairstyle, or that car or . . . their hamsters."
>
> "Some of us love sports, some love certain foods, and a lot of us love our pets. And of course, we love people too."
>
> "Well… what is love, anyway?"
>
> "Because loving pizza and loving a person are definitely not the same thing."
>
> "When we're talking about people, love means something much deeper."
>
> "Today we're going to talk about what love really is, the different ways we experience love, and one really important truth:
>
> "You are worthy of love."
>
> "That's right—you are worthy of love."

Let's say it together:

"I am worthy of love."

> "Now let's look at what that word *love* really means."

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Teaching Truth #1: Different Kinds of Love (5–7 minutes)

Lead Teacher

Say:

> "But what is love really, and what does it do?"
>
> "Well… love desires only the best for me, never wishes me harm, and willingly makes necessary sacrifices for my wellbeing."
>
> "Let's think about what that can look like in real life."

Invite students to raise their hands and share brief answers.

Ask: "Can you name someone in your life, someone in history, or a character in a story who loves or loved well by desiring the best for someone, never wishing harm on another, and willingly making sacrifices for another's wellbeing?"

Call on a few students and affirm their answers.

Say: "There are different kinds of love for different people in our lives."

FRIENDSHIP love

Examples: The people we play games or sports with, or just spend time with.

FAMILY love

Examples: Mom, Dad, grandparents, siblings, caregivers.

Ask: "Do you love your parents or caregivers, even when they tell you to clean your room?"

ROMANTIC love

Example: The care between husbands and wives.

Explain gently that this is grown-up love and is meant to be forever, but it takes a lot of commitment and selflessness.

HUMANITY love

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Examples: People of all backgrounds and cultures.

Ask: “Is it loving to dislike someone and be unkind to them because they look or act differently from us?”

Allow students to answer.

Say: “Different kinds of love may look different, but love still wants what is good for another person and does not wish them harm.”

Talk It Out (2–3 minutes)

Table Leaders

Ask: What are some ways you can show love to others?

Large Group Activity: Blue Bell / Tasty Treat Love (5 minutes)

Lead Teacher

Say: “Sometimes we use the word love, but what we really mean is we like it a whole, whole lot! That’s how I feel about . . .”

Pull out the Blue Bell ice cream or tasty treat.

Say playfully:

> “Blue Bell!”
>
> “Give a thumbs up if you really, really, really like this!”

Give each student a cup of Blue Bell ice cream or another tasty treat.

Talk It Out (2–3 minutes)

Table Leaders

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While students are enjoying their treat, ask: **“**How do other people show you that they love you?”

Teaching Truth #2: You Are Worthy of Love (5 minutes)

Lead Teacher

While students are finishing their treat, say:

> “It’s easy to love dessert—to like it a whole, whole lot—but unfortunately, not everyone knows how to love.”
>
> “Sometimes even grownups don’t know what it feels like to be loved all the time or to give love all the time.”
>
> “But even if certain adults in my life and your life aren’t able to show us the love we desire and deserve, that doesn’t mean you and I aren’t worthy of love.”
>
> “The truth is, even when certain people are unloving or not in our lives to love us, you are worthy of love from the special people in your life.”
>
> “You are worthy of love from friends, family, the people around you, and someday, romantic love.”
>
> “We, your mentors, love you.”
>
> “Remember today’s truth: You are worthy of love.”
>
> “Let’s say it together.”

Students repeat:

“I am worthy of love!”

> “So, if we are worthy of love, that also gives us something important to think about: How do we choose to love other people well?”

Teaching Truth #3: Love Is a Choice We Can Show to Others (5–7 minutes)

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Lead Teacher

Say:

> “Love is honest, patient, kind, encouraging, generous, and forgiving. To love is to care about people, even when they are uncaring.”
>
> “No matter the expression, remember, love is a choice—a commitment to treat others lovingly, even when our emotions tempt us to be disrespectful or hateful.”
>
> “You guys, it’s not unloving to get angry at someone, but it is unloving for us to lash out physically or say mean things in anger.”
>
> “Maybe you recognize some unloving attitudes and actions in yourself. This doesn’t mean you’re unworthy of love. It means it’s time to make a choice—am I going to learn to love or keep mistreating people?”
>
> “You can break the hurtful cycle of lovelessness by choosing to be a person who loves.”

Talk It Out (2–3 minutes)

Table Leaders

Ask: “One way I can choose to love better at home and with my friends is . . .”

Large Group Activity: Can You Earn Love? (5–7 minutes)

Lead Teacher

Say:

> “Sometimes we buy into another lie, that we can earn love.”
>
> “You know, be the best at something or do something so totally amazing that suddenly people will accept us and love us.”
>
> “If we have to perform for someone to love us, that’s not love at all.”
>
> “You don’t become worthy of love—you already are.”

Small Group Activity

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Give each table one set of Can You Earn Love? scenario cards and one TRUE and FALSE card (see final pages).

Table Leaders

Read one scenario card at a time.

Students decide whether the statement is TRUE or FALSE and place the scenario card by the answer they choose.

After each card, ask:

“Why do you think that is true or false?”

Answer Key

1. FALSE
2. TRUE
3. FALSE
4. TRUE
5. FALSE
6. TRUE

After the final card, say:

> “Remember: You don’t become worthy of love—you already are.”

Journal Reflection (3–5 minutes)
Lead Teacher

Say:

> “We’ve said it, talked about it, and practiced remembering it. Now let’s take a few quiet minutes to think about what it means for you.”
>
> “Take a few quiet minutes to reflect on today’s lesson.”

Journal Prompt

Write “I Am Worthy of Love.”

Draw a heart.

Inside the heart, write the names of people who love you.

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Facilitator Note:

Be sensitive to any students who may not be able to think of anyone.

Closing Affirmation (1–2 minutes)

Lead Teacher

Say:

> “This week, be thinking of ways you can show love to others.”
>
> “Let’s say today’s affirmation together.”

Students say:

“I am worthy of love.”

Say:

> “No matter how you feel, no matter what happens or how others treat you, you are always worthy of love.”

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Printable Middle School Scenario Cards:

Can You Earn Love?

Scenario Card 1

Your post gets a lot of likes and comments.

“That means I am more worthy of love today than I was yesterday.”

Scenario Card 2

Someone you really like doesn’t like you back.

“Their feelings may hurt, but they do not change how worthy I am of love.”

Scenario Card 3

A group you want to be part of tells you that you need to dress differently or act differently before they will include you.

“If I change myself enough to get their approval, I can earn their love.”

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Scenario Card 4

You aren't invited to a party, hangout, or group chat that some of your friends are part of.

"Being left out can hurt, but it does not change my worthiness of love."

Scenario Card 5

You feel pressure to be funnier, more popular, better at sports, smarter, or more attractive so people will like you.

"If I impress people enough, I can become worthy of their love."

Scenario Card 6

Someone in your life does not know how to treat you lovingly.

"Someone else's inability to love me well does not make me less worthy of love."

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True

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False

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