

Valentine Milestone



Valentine's Day occurs every February 14. People around the world celebrate by exchanging greeting cards, candy, flowers, and gifts between loved ones. Christians remember Saint Valentine, who some say was a Roman Priest who performed secret weddings for soldiers forbidden to marry by the Roman Emperor Claudius II. Saint Valentine wore a ring with a Cupid on it—a Roman symbol of love—that helped soldiers to recognize him. He also handed out paper hearts to remind Christians of their love for God.

Valentine's Day is traditionally a day to show love and concern for friends and family members. It is also an opportunity for families to reflect on and remember God's love for them as they love and care for others.

This Valentine Milestone has four steps: Caring Conversation, Bible reading, Activity and Ritual.

1. Caring Conversation:

Encourage everyone to change into something red. Prepare a snack of something red (apple slices, strawberries, etc. Chat using one or all of the following questions:

- a) Do you have a favorite Valentine's Day memory? Tell about it.
- b) If you could spend Valentine's Day with anyone, who would it be? Explain why.
- c) Name someone in your life who has shown you love. What words describe that person?

2. A Bible Reading:

- a) There are loads of places in the Bible where Jesus asks his disciples to love one another as he has loved them. Jesus

disciples did their best to follow his teaching long ago. Paul was one of the early follower of Jesus, a disciple, and in a letter, he wrote to the Corinthian church, he encouraged them to also love one another. Sometimes it takes courage and strength to love well. This is what Paul wrote: 1 Corinthians 16:13-14

“Keep alert, stand firm in your faith, be courageous, be strong. ¹⁴Let all that you do be done in love.” (NRSV)

Even today, it sometimes takes courage and strength to love others. God encourages us to do our best.

Activity:

Not everyone has someone to be with on Valentine’s Day. This day could bring up feelings of loneliness. Is there someone you know who would appreciate a note or a call to show you care?

- a) Grandma’s and Grandpa’s love to get phone calls – you could call and tell them about the most fun thing you did this week and ask them about the fun thing they did. End the call by telling them you love them.
- b) Do you have a neighbour who lives alone? Cut out a heart from red paper, write “Happy Valentine’s Day” on it, and put it in their mailbox.

3. Ritual:

St. Valentine handed out paper hearts to remind Christians of God’s love. Cut out a big paper heart and place a candle, in a holder (or a battery-operated candle) in the center of the heart. Light the candle to represent God’s love shining for your family and say this prayer together.

Dear God, we are thankful for your love that shines for us in all places and at all times. Help love to shine bright in our family. Help love to shine bright for our friends and neighbours. Help us to share your love with others by being thoughtful and kind. Amen

(adapted by Debra Berg from 2021 Milestones Ministry, LLC. January 12, 2024)