

# Valentine Moment



Valentine's Day occurs every February 14th. People around the world celebrate by exchanging greeting cards, candy, flowers, and gifts. Christians remember St. 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.

This Valentine moment has four steps caring conversation, bible reading, activity and ritual.

## 1. Caring conversation:

Encourage everyone to change into something red. Prepare a snack with some red items (apple slices or strawberries, etc.) chat using one or more 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. 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 teachings. Paul was one of the early followers of Jesus, and in a letter, he wrote to the Corinthian church, Paul encouraged them to love one another just like Jesus taught them. Sometimes it takes courage and strength to love well. This is what Paul wrote in first Corinthians 16:13-14

*“Keep alert, stand firm in your faith be courageous, be strong. Let 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.

### 3. 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 phone call to show you care?

- a) Grandmas and grandpas love to get phone calls. You could call them 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 neighbor who lives alone? Cut out a heart from red paper and write “Happy Valentine's Day” on it and put it in their mailbox.

### 4. Ritual:

Saint Valentine handed out paper hearts to remind Christians of God's love. Cut out a big paper heart and place it flat on a table. Put a battery-operated candle in the centre of the heart. Light the candle to represent God's love shining for your family and say a prayer together.

Dear God, we thank you for your love that shines for us always. Help love to shine bright in our family. Help love to shine bright for our friends and neighbors. Help us to share your love with others by being thoughtful and kind. Amen

(adapted by Debra Berg from 2021 milestones ministry LLC January 12/20/24)