

Helping others

This session can be done with an adult family member or independently. Answers to questions can be written in the spaces provided.

Who are the people in your life who help you? In what ways do they help you?

Who are the people you help? In what ways do you help them?

Bible story

The following story is from Matthew 6:1-4.

One day Jesus was teaching people more things about following God. He said, "When you do good things, don't make it obvious to everyone what you're doing. God doesn't value anything being done to show off. When you give money to people who are poor, don't go around saying, "Hey look at me, I'm being generous!" Some people do that and God isn't interested in it. Instead, when you give to poor people, do it quietly so nobody else knows what you're doing. God will see you quietly helping others, not showing off about it and he'll be really pleased."

Why do you think Jesus says to help people quietly?

We can help people in lots of ways. Some people give money, but that's not the only way to be generous. We can be generous by giving people our time (like helping clean up, being a good friend).

Possible activities to do together

- You could cook a meal for someone on your street. Ask them what their favourite food is and see if you can make it.
- You could give someone a card to let them know you are thinking of them and to offer as a family to help them with things they need.
- Make a thankyou card for someone who helps you.