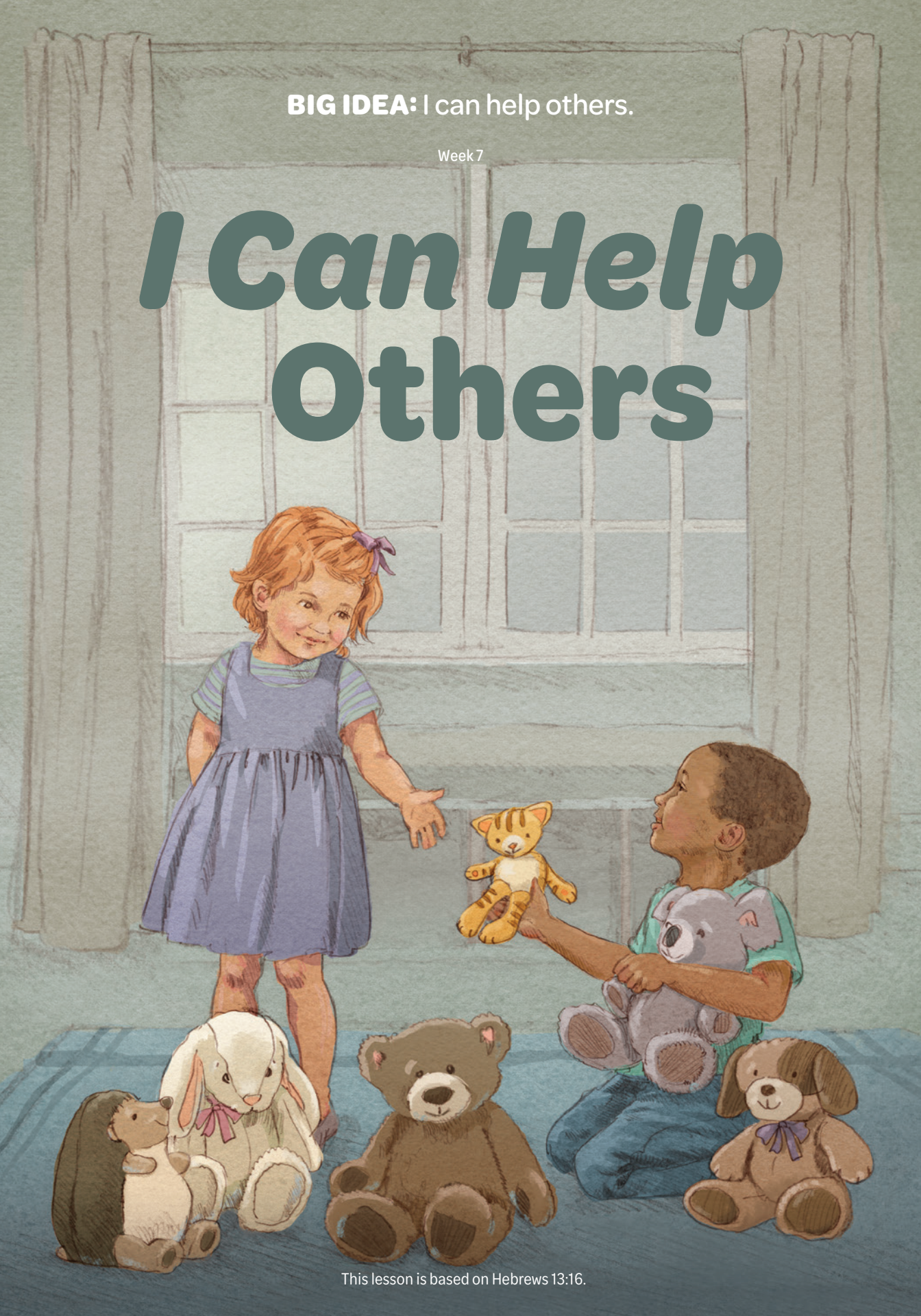
BIG IDEA: I can help others.

Week 7

I Can Help Others



This lesson is based on Hebrews 13:16.



Hold your hands tightly. Now, open them wide. Wiggle your fingers as you give a big smile. You have helping hands. God loves you to use your helping hands to do kind things for others. The Bible says, "Do not forget to do good and to share" (Hebrews 13:16). We can use our hands to share our toys. We can use our hands to carry a friend's bag. We can use our hands to draw a picture to make someone smile. God made us to be helpful.



Big, stomping elephants are great helpers too. They live in groups called herds and they look after each other. They use their trunks to gently touch elephants who are sad or hurting. They also use their trunks to help baby elephants who get stuck in muddy water holes. They keep their babies in the middle of the herd so they can be safe. Elephants use their tusks to dig up dry water holes so that other animals have water to drink. ***Thank You, God, for helpful elephants!***



What sounds do dogs make? *(Woof, woof!)* **Dogs are fun, furry friends. They can also be trained as helpers. Some dogs are trained to be guide dogs. These special dogs help people who can't see. They show their owners safe places to walk and help warn them if something is in the way. Other dogs are trained as rescue dogs. These dogs have a great sense of smell. They can *sniff, sniff, sniff*, and help find people who are lost or hurt. *Thank You, God, for helpful dogs!***



Geese ***honk-honk*** as they waddle along. These big birds are helpers too! When winter comes, they fly a long, long way to warmer places. They fly in a very special pattern shaped like a "v" *(point to picture)*. When they do this, the bird at the front does lots of hard work so the birds behind him don't have to fly so hard. They take turns being the leader so that they can all have a little rest. They also fly in a "v" to keep everyone in the group safe. ***Thank You, God, for helpful geese!***



What are some ways you can help others? You are not too little to be a helper! God has given you helping hands. When we share our toys or let others go first on the playground, we are helping others. When we hug a friend who is sad, we are helping others and showing God's love to them.

(Say together) **Dear God, please come into my heart. Help me to use my helpful hands to help others.**

play
Throughout the Day

Create
Using play-dough, create some of the animals in this week's lesson. You could create lines of footprints through the play-dough, and have your child guess which footprint belongs to which animal. Can you think of any other helpful animals? Make them too! Thank God for the animals when you have finished creating.

Reflect
How can we help people we meet every day? We can look in people's eyes when we talk to them. We can ask them if they need any help. We can share our toys and play nicely with others. We can open doors for people and say, "You go first." These are all ways we can help others.

Share
Go through your child's toys together. Ask them to choose some toys they would like to give to someone who does not have as much as you do. Write a little card for the recipient, then donate them to a local charity or to a family in need.

Learn
Borrow some books from your local library or read some nature books from home. See if you can find any of the animals listed in the lesson, or any other animals who help others.

Pray
Ask God to open your eyes to see the people around you who need help. Talk about the Bible verse "Do not forget to do good and to share" (Hebrews 13:16). Today, find people you can help, so your child can see this put into practice in your everyday lives.



Extension weekly memory verse: "These things I command you, that you love one another" (John 15:17).

THE HEART OF THE MATTER

For You, Parents

We are all woven together in the great web of humanity, and whatever we can do to benefit and uplift others will reflect in blessing upon ourselves" (Ellen G. White, *Patriarchs and Prophets,* p. 534). Isn't that a beautiful, unifying thought? We are not on our own. Our similarities and differences do not set us apart. We are all God's children. He is designing us to be a beautiful work of art that ultimately shows His love for all.

God calls us to be missionaries *in all that we do*. He wants us to see everyone in our community as our brothers and sisters. He desires for us not just to see them, but to help them! "Do not be afraid of good works. 'Let us not be weary in well doing; for in due season we shall reap, if we faint not.' Do not wait to be told your duty. Open your eyes and see who are around you; make yourselves acquainted with the helpless, afflicted and needy. Hide not yourselves from them, and seek not to shut out their needs" (Ellen G. White, *The Adventist Home,* pp. 451, 452).

The best way we can show our children the importance of helping others is to model it to them. They need to *see us* speaking to others about God's love, sharing what we have, and loving others despite our differences. They need to *feel* that little spark of excitement when you plan a surprise for someone who is sad or stop and help someone in the busyness of your day.

Father, our desire is that others will see You through our words and actions. Amen. "Let your light so shine before men, that they may see your good works and glorify your Father in heaven" (Matthew 5:16).