

Suggested Sunday School Lesson - Sample

Helping Hands

Summary: A simple message about putting our own things aside in order to help others.

Ephesians 4:2 – “Be completely humble and gentle; be patient, bearing with one another in love.”

Object: A bunch of inflated balloons.

Today I am going to let _____ help me stress something that God teaches us in the Bible. *Have the child come and start handing them balloons or beach balls to hold until they can't hold any more without dropping them.*

Once their hands are full, say, “I am going to read the passage in the Bible that teaches us a lesson about this. Hand Bible to child holding balloons/beach balls and ask them to look up Eph. 4:2. Don't let them drop balloons/beach balls.

Ask, “What are you going to have to do in order to help me look up the Bible verse?”
Have another child help hold balloons/beach balls.

And here's our simple lesson for today: When someone else needs our help, sometimes we need to drop what we're doing or put aside until later something we're doing so that we can help them. Let children put balloons/beach balls down.

The Bible says in Eph. 4:2: ² Be completely humble and gentle; be patient, bearing with one another in love . The Bible uses the word “humble” in that verse. When someone is humble it means they care about other people and want to help them. The verse also tells us to be patient with others as a way of showing love.

Sometimes when people get older they may need your help too. Maybe some of you have grandmothers and grandfathers you visit and you notice it may take them extra time to do something that you can do fast. Show God's love to them by being patient and offer to help them.

When we say we love God, it means we want to show His love to all kinds of people young and old. We can show our love by going out of our way to help others. Today, we are talking about Christian Care Communities and helping their older adults buy a bus so they can enjoy trips to the grocery store, church services and other places.

Introduce coloring pages and shoebox activity.

Conclusion: So as you go from here this morning, remember to humble yourself and look for ways you can help someone else. God bless you for being here this morning.