Helping Hands
Mark 1: 29-39

Gather:
Sit in a circle with your family, and join hands while you say the opening prayer.
“Dear God, we are so thankful for this wonderful day. Thank you for our family, friends, and many blessings. Please watch over us, and be with those who are not with us that they may feel your love. Amen.”

Lesson:
What is your day like from the moment you wake until you go to sleep at night? Is it busy? Most days can be filled with school, eating, playing, reading, exercising, and much more! In a day in the life of Jesus one can see how busy his schedule could be too. Today’s story shows Jesus worshiping, preaching, healing, and teaching all in one day. While we spend our time learning, playing, and focusing on ourselves, Jesus spent most of his days serving others. What does it mean to serve and how can we be more like Jesus?

Serve is another word for help. Have you helped your parents around the house? Have you comforted someone when they were sad? Did you make something special for someone else? Well then you have served others. If we can find a way to help others every day, then we can be more like Jesus.

Click on the lesson video link on the web site to hear a story about helping hands.

Craft:
Materials needed: paper, crayons, scissors, glue
- Trace your hands multiple times on different colored paper.
- Write different ways you can serve others this week on each hand.
- Cut the hands out and glue them together to form a wreath.

Activity: Click the activity video link on the web site and sing along about lending a helping hand!