



PARENT GUIDE

LESSON SIX: HELP

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LESSON SIX: HELP

OBJECTIVE: To explore what it means for families to help one another, help others together and look for God's help in their lives.

FOCUS ON FOLLOWING JESUS

Jesus helped others with things they could not do themselves and revealed the truth of God to people. Jesus wants us to help one another. Families who follow Jesus help each other to follow and obey him.

(Luke 7:16 "The people were all filled with wonder and praised God. 'A great prophet has appeared among us,' they said. 'God has come to help his people.'")

GRIP ON THE GOSPEL

God helps us to obey him and live to please him with his Holy Spirit. We are given the Holy Spirit inside us when we put our trust in and follow Jesus!

(Matthew 16:15-16 "But what about you?" he asked. 'Who do you say I am?' Simon Peter answered, 'You are the Messiah. You are the Son of the living God.'")

WHAT DO I DO?

- Read the [For Parents](#) article. Spend a few minutes thinking and praying.
- Read over the [Discipleship Lesson](#) and decide when you will do it with your family.
- Gather your family, a Bible and any supplies listed on the lesson sheet. Use the script provided to teach a [Discipleship Lesson](#) to your family, adapting as needed.
- Use the 5 mini-lessons as [Daily Bible Time](#) prompts through the week.
- Select one or more [Discipleship Activities](#) to incorporate into your week.



FOR PARENTS

When was the last time you said to yourself (or out loud!) “I could just use a little help here!” Maybe the help you are looking for is in the form of children who will finally be able to do their own laundry without your assistance, or an endless line of dishes to wash and dry. Maybe you are longing for some help from your spouse – maybe that they would put as much effort into managing family finances or yard work or cleaning as you do. Maybe your job seems overwhelming, and your co-workers aren’t cutting it or getting up in the nights with an infant is pushing you beyond what you can bear. Maybe you just really need an hour to go have coffee with a friend or to have an hour of quiet to yourself, but there is no one who can make that happen for you. Maybe you are longing for God’s help with a deep emotional or spiritual need – and that help hasn’t yet come.

I think we all would be grateful for some help. For someone to recognize all our efforts and lend their own towards our cause. Sometimes it seems that while we are on our knees begging God to come to our rescue that our problems persist...help hasn’t yet arrived.

But consider the form in which help often came to those in the Bible. Did help ever come the way people expected? God fought wars on people’s behalf – not by sending a mighty champion to save them, but in stillness, with a leader’s arms raised to God instead of wielding a sword. Jesus was the longed for ‘help’ and rescue of a nation, but he came as an infant who required their care, not as a leader who would take away their toil. The Apostle Paul must have prayed for rescue in prison or while shipwrecked – and while his help sometimes appeared as miraculous events, more often Paul received help in the form of an ability to endure it all with joy, and friends to share in the labour.

What are you looking to God for help with right now? Have you received it? Have you considered that the area of your life that you need God’s help in the most is the area God would love to lavish love and send help to you, but it might come in unexpected ways? If you feel like help hasn’t come – keep praying, but consider:

1. We Must go to the Means by which God has Already Supplied Help

Sometimes we haven’t received help for our problem because God has already supplied it and we refuse the means by which God wants to give it. Sound ridiculous? Sometimes our help comes in the form of being transparent enough with those in our community to ask for help, but our pride doesn’t like that very much. Sometimes we need to seek out counsel of wise believers, but that might mean admitting we don’t have everything together. Sometimes God’s Word has had the answer for our problem all along. Consider an issue many people face – exhaustion and weariness. And yet, God provided a solution for refreshing us and restoring us – the Sabbath. Even if we aren’t quite ready to take a full rest once a week, consider other forms of Sabbath – like an evening away from electronics or a day away from social media. Many of the spiritual disciplines are the solution to some of our deepest longings; they have been given to us by God. The problem is, they aren’t easy, and they don’t come cheap. Take a few minutes to pray about your needs – what has God already done for you?



2. We Might be Asking for Help with the Wrong Problem

Our lives are filled with problems that require ‘help’, but sometimes God’s help hasn’t come because God is concerned with a far bigger problem in our lives. Maybe the problem is something we’ve got ourselves into, or the problem is simply that we live and work and do life with other sinful people and we get easily irritated by their failures – this is a problem for us, but God may be using these events to help cure us of our own selfishness, which is a much bigger problem. Maybe our problem is not enough money to have the life you’ve dreamed for your family, or work is long and hard, or your marriage is strained and difficult. Consider that all these difficulties are used by God to sanctify us – or make us more like Jesus. If we are serious about discipleship, we will have to change our attitude towards difficulties, and look for God’s help to allow us to endure them and redeem them. God can use all circumstances – especially unpleasant ones – to shape our character. Our greatest problem is that we are sinful, with divided hearts and fearful minds. What we need most is a saviour and to be made new.

3. We Might Just Not Believe

God has made incredible promises to us – promises that he will not leave us, that he has a plan for us, that he will make known to us what is unknown, that he will give us hope and even give us that which we desire! However, many of God’s promises require that we believe them fully – and act on that belief – in order to receive them. In addition, some of God’s promises have conditions that must be met. This is not so that God prevents us from receiving good things, but sometimes we are not prepared or able to receive them. Explore lists of God’s promises to you and your family and see if God has promised to provide what you need most. Is there a condition attached to that promise? If so – are you meeting that condition? Once you are – pray eagerly and believe that God will fulfill his very great and precious promises to you, because of his love for you and because of his glory.

Just as marriage isn’t entirely for our own pleasure and enjoyment, but to actually help us to become more holy and more like Jesus, parenting shapes us in countless ways. Our children are God’s help to us, to give us opportunities to grow in love, selflessness, patience, compassion, hope and trust. Similarly, we are God’s help for our children. The aim of discipling and disciplining our children is to help them become more like Jesus – this means setting up an environment where they are helped to obey and helped to love and trust God. When God expects obedience of us, He never leaves us to try and guess what He desires, to do it in our own strength or power – no, His power is placed in us! How can you help your children to obey? By gently reminding them of the rules and boundaries, giving them opportunities to get it right, and having grace with them when they fail. We might not expect our own children to be our help from God, but they are God’s gift to us. Consider this week how to reach out for God’s help in your times of need and look for how God’s help has already come.



Consider these Questions:

- What is one way that being a parent has helped you to be a better disciple of Jesus?
- How has God’s help come to you in unexpected ways in the past?
- What are you asking God to help you with today?



DISCIPLESHIP LESSON

Instructions:

- Read or teach the text using your own words
- *Text in italics is a note to the adult leading*
- This icon  indicates a question you should ask
- This icon  tells you there is a Bible verse to read
- **Text inside a grey box is a tip or idea for you!**
- Text inside this box is a short activity or task

The lesson should take about **45 minutes** to complete

Supplies Needed:

- **Bible**
- A sheet of paper
- Something to write with for each family member

We All Need A Little Help Sometimes!

Gather your family for the family Discipleship Lesson. Remind your family that this is something exciting to do together, to look at the Bible and Jesus and learn what it means to be a disciple!

Today we're going to talk about a GREAT word! I bet this is a word that parents hear almost every single day. That's because kids have a much easier time saying it than adults! The word is HELP!



When was the last time you asked someone for help?

Kids need help to find their shoes, to find a favourite stuffy, to set up a show or movie to watch, with their homework, to do all kinds of things! Helping each other is really important! *(try one of the following games)*



Choose **ONE** of these options to illustrate how working with others helps make work easier.

If you have two members of your family that are a similar size this works well. Have a pair sit down on the ground, and have each of them, separately, try to stand up without the use of their hands and arms. It's tricky! Have them sit back down back to back and lock arms with one another. Instruct the pair to try and stand up, helping one another. It is much easier to do with a partner!

Choose one child and have them put their arms out straight in front of them. Place a single book on their arms. Then place additional books until it becomes too heavy for them to lift! Be careful to catch the books to prevent injury. Then invite another person – parent or child – to hold hands with them. Can they hold more books now?



In life, we often get into trouble and need a helper! But none of this is a surprise to God, he made us this way!

God didn't make any of us to be able to do everything on our own! When he made the very first person on earth – Adam – one of the first things he said about him was that he needed a helper!

**Genesis 2:18****Why do you think Adam needed help?**

(He had to work to take care of the garden and animals, he was lonely, he might have needed to lift something or needed help climbing trees to get fruit – try and imagine things he needed help with together!)

There are lots of examples of helpers doing very important jobs in the Bible. Moses had a helper named Joshua! King David had helpers. Jesus had helpers. The Apostle Paul had lots of people who helped him by giving him places to stay or bringing him food or taking him places on a boat.

Being a helper isn't something that only unimportant people do – helpers have to be brave, strong, smart – all kinds of great things! Jesus taught his followers to look for ways to help people, and Jesus said some amazing things about helping other people.

Jesus told a story to his friends about a King who gathered together many of his subjects, and he divided them into two groups. One group were people who were great helpers. The other group were people who didn't help anyone! To the helper group he said "You are going to get a reward because every time you helped someone who was hungry by giving them food, or thirsty by giving them water, or helping people in any way, it was like you were helping me, the King!" Getting to be a helper to the King is a really big honour! But those people who didn't help any ordinary person around them, the King thought it was just like they refused to help HIM, so he threw them into the dungeon to be punished.

When Jesus told this story, he was trying to tell his friends that when they help each other, or people that they meet, it's just like they are helping Jesus! Jesus said:

**Matthew 25: 40**

This is a paraphrase of the parable in [Matthew 25:31-46](#). It is retold simply here. Read it ahead of time yourself if you wish. Without a careful reading, the parable seems to suggest that our good works give us our salvation; but reading carefully you will see that the sheep were blessed before their good deeds. The good deeds were a result of their blessed status.

**What are some things we can do to help our families and our friends?**

Jesus helped others to know more about who God is and how we should live. Jesus also helped other people in everyday ways! Helping people who were sad, lonely, hungry or sick.



Some children who have heard Bible stories their whole lives might be able to think of a few ideas without prompting, others may not be sure, that's okay!

**Can you think of a time when Jesus helped someone in the Bible?**

Helping others was very important to Jesus! Loving people was very important to Jesus. When we follow Jesus, we should love and help people too.

God knows we need help and that helping is good – but God didn't just stop at suggesting we help each other! Nope, God promised us an amazing special helper!

Jesus told his friends he was going to have to leave the earth. He told his friends he would die, and come back to life and stay alive, but that he wouldn't be with them anymore. This was part of laying down his life for them. He knew his friends would be sad and need help, so this is what Jesus promised:

**John 14:15****John 14:26****Who did Jesus say is going to come and help everyone who wants to follow Jesus?**

The Holy Spirit! Now this might be new to you, or something you know all about – but the Bible tells us that there is one God, but God has three persons. God the Father, God the Son – Jesus, and God the Holy Spirit are all God!

The Holy Spirit comes to live inside us when we ask God to forgive our sins, trust in what Jesus did for us and start to follow what Jesus said and did! Because this is the amazing thing about God – He sent Jesus to show us how to love others, and to teach us what to do to have the best life and how not to hurt ourselves or others. But He knew we would still make mistakes and get tempted to do things we shouldn't.



The Holy Spirit is sometimes overlooked in children's ministry curriculum and Bible story books, so may not be something your children are familiar with yet! Part of discipleship is helping them understand who God is – all members of the Trinity.



Sometimes kids (and adults!!!) make the mistake of thinking that we need to be perfect all on our own. But we can't! God doesn't expect us to! He does want us to ask Him for help, and let the Holy Spirit help us in lots of ways.

Here are some of the ways that the Holy Spirit helps us!

(Talk about each point if desired – make up hand signs or symbols for each as a family, or draw a stick figure image on a chalkboard or paper)

1. **Helping us remember how to follow Jesus**
(Being taught by the Spirit) John 14:26
God helps us with our thoughts, to think the way Jesus wants us to, and to remember what we are supposed to, to know what we should do when we're not sure! The Holy Spirit helps us understand God's Word too!
2. **Helping us to pray when we don't know what to say**
(Praying in the Spirit) Romans 8:26
The Bible says the Holy Spirit even helps us pray. When we feel bad or sad or angry, the Holy Spirit talks to God for us. If we don't know what to say or how to say it, we can trust that the Holy Spirit will help us.
3. **Helping us to share the message of Jesus with others**
(Being Spirit-filled witnesses) Acts 1:8, Acts 4:31
Talking about Jesus with others is exciting, but sometimes we don't know what to say, or we don't think we have the right words. The Holy Spirit helps us with this important job! It's not all up to us! God is in us helping us reach out to others!
4. **Helping us to be able to help others**
(Growing fruit of the spirit, Displaying spiritual gifts)
Galatians 5:22-23



Do you need help with any of these things? Think of a time in the last week when you could have used this help!

Of course! All of us need God's help to follow Jesus! But it's kind of hard to think about help coming from inside us. Usually help comes from outside! But God works differently. If we are a Christian, the Holy Spirit is inside us.



TALKING ABOUT THE TRINITY

If you think your kids have the attention span to follow, explain the Trinity briefly this way – when God made us, he made us each to be ONE human being living as ONE person. A little bit like one body with one person in it, with one name. But God isn't like us, he's bigger, more amazing and no one is like God! So the Bible tells us that God is ONE God, but has three persons – Father, Son and Spirit. Each of these persons is God and have different things they do and different ways they help us.



A good illustration is a helium balloon. An ordinary balloon doesn't float on its own, it moves when the wind blows it. But a helium balloon has something special inside it that helps it to float! If you are able to purchase one helium-filled balloon it makes a great visual for this lesson!

We have to learn to say “YES” to the Spirit when it tells us what is best, or encourages us to choose love, or patience or joy!

All of this is great news! God has made each one of you to help your family, friends and others. When we need help, the church is the special group of people God gave us just to help us, and God sent us his helper – Holy Spirit!

Close by praying together that God would help your family to be disciples by giving and receiving help.



DAILY BIBLE TIME

Take a few minutes each day this week to spend some time together reading from God’s Word and discussing it together. Questions and verses are provided for you below. Use the Bible version your children are used to. Nlrv is a good one for very young children.

<p>1</p>	<p><u>2 Timothy 1:7</u></p>	<p>Who gets to have the help of the Holy Spirit? (Christians) Every Christian has the Holy Spirit, but not every Christian lets the Spirit have control. When we drive somewhere together as a family, who gets to choose where to go, and what the car does? (Mom or Dad, the one in the driver seat) A driver makes a digger or dump truck do what it does, or makes a mini van go to the grocery store. It isn’t the kids in the backseat of the bus who tell the school bus driver where to go! People in the backseat don’t decide whether to go to the dentist or to McDonalds! We can put ourselves in the driver’s seat, or we can put God’s Spirit in the driver seat. When we are troubled or tempted, we might feel the Holy Spirit tell us what to do. When we ignore it, and do our own thing, we push it to the back seat of the bus. Who can think of something that happens in our house where we need to let God’s Spirit have control instead of acting in a fearful, angry or selfish way?</p>
<p>2</p>	<p><u>Galatians 5:16-17</u> <u>Galatians 5:22-26</u></p>	<p><i>Consider bringing a plate of different fruit out. If you are able buy a fruit that might be new to your children to try, such as dragon fruit, starfruit or rambutan - this will make a more memorable Bible time!</i> What fruit grows on an apple tree? (apples, of course!) Cherry tree? (Cherries!) How can you tell what kind of tree it is by just looking at it? Can you see any trees out your window? How do you know what kind of tree they are? We know a tree by what fruit it has – and leaves and bark help too. But we don’t know if a tree is a sweet cherry tree or sour cherry tree unless we taste the fruit. We know if we have God’s Spirit working in us because we will grow fruit! What does it mean that we will grow fruit? What do you need God to grow in you? How do these spiritual fruits help us to help others?</p>
<p>3</p>	<p><u>1 Corinthians 12:1, 4-11</u></p>	<p><i>You could choose to have small treats like a candy or a favourite baked good for today’s time together. Give them to the children as a ‘gift’ for dessert or bedtime snack.</i> What is the best present you’ve ever received? One of the ways God helps us with his Holy Spirit is by giving us spiritual gifts. These gifts are abilities that God gives us so that we can help others. For each of these gifts, explain briefly and have kids think of how it might be used to help God’s people: Pastoring, Teaching, Helps, Hospitality, Encouragement, Evangelism (This is a short list of gifts, there are others!). What would you like to do to help God and others someday? What gifts would be useful for that? Talk about tools you use in your house or tools used by different jobs. These gifts are like tools and have a purpose! Share about someone you know, that the kids might be familiar with, who has a spiritual gift.</p>



4	<p><u>1 Peter 4:10</u></p>	<p>If you had a lot of money to help people with, what would you do? What kinds of things do your friends and family need help with? Will money always solve that problem? What will? What do you have to help others with? Think about the gifts that God has given each of you to help each other in your own home. Even little babies. They help us remember that we need one another, they teach us to be patient and caring. Identify 'gifts' that each of your children give to the family and recognize ways that they are helpers! Consider making a list of the ways your family can help others!</p>
5	<p><u>Colossians 1:28</u> <u>Philippians 1:6</u></p>	<p>Have each family member name some ways that God has made them special or helpful. This may be hard for some to do but try it! Then list some of the good qualities Jesus has! (always obeyed, always loving, faithful) What ways would you like to be more like Jesus? What would our family be like if we were all more like Jesus? One of the reasons we have the Holy Spirit is to not let us stay with the yucky sin and fear and guilt inside us, but to be changed from the inside out and become like Jesus. When does the Bible say we will be fully changed to the best version of ourselves – and most like Jesus? (When Jesus returns) The Holy Spirit makes changes in us slowly, in many ways. Share with your children briefly the ways that God is changing and helping you.</p>



DISCIPLESHIP ACTIVITIES

Use any of the following activities to extend the learning and disciple your child in everyday life.

- **Pray Together:** Pray that God would help you to love and serve him, and to help others too. Thank God for his gift of the Holy Spirit in us.
- **Memorize:** [Philippians 1:6](#) and [2 Timothy 1:7](#) together as a family. Talk about these verses in daily life.
- **Missions:** Talk about the spiritual gifts needed by missionaries, or to help people to know Jesus right here in our own community. Look for a way to give help to someone who does important Gospel work – by sending money to a missions organization or missionary, sending encouragement or just praying!
- **Daily Life:**
 - Make chocolate or strawberry milk. Pour the syrup into a glass of milk, but don't stir it up yet! Talk about how we can have the Holy Spirit in us, but when we don't listen to the Spirit inside us, it is like we have let the Spirit settle in the bottom of our lives. To be filled with the Spirit we have to be actively looking for the Spirit's help, wanting it to change us – like stirring our glass of chocolate milk!
 - Recognize spiritual gifts in the people around you, the people you see serving at church and let your children see you recognize those gifts!