

MISSION MOMENTS

for kids

Sharing Each Other's Burdens

Based on Galatians 6:2



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INTRODUCTION

Note to the Teacher:

This week we will share stories of hope based on difficult life situations experienced by the children and families who have come to our agency for help. We changed their names to protect the privacy of these individuals who have been through so much.

As Christians, we are to share God's love with everyone every day. The children in your class are here to learn about what it means to be a child of God and each lesson focuses on putting love into action! If your church is willing, this includes the opportunity to provide a monetary donation to Building Families by taking a missions offering and/or collecting school supplies, which we provide to families in need each fall.

Each day's lesson includes an opening statement, a scripture verse, a story, an activity, and a closing prayer. You'll want to gather the children together in an area where they can participate comfortably. We are praying for your church and the precious kids you are caring for and teaching!

SESSION ONE – GOD WANTS US TO HELP EACH OTHER

Opening Statement:

Each day this week we are going to take a few minutes away from our regular activities and talk about helping others. This is so important that God talks about it a lot in the Bible.

We are going to read a few of those verses about helping others, and we are also going to learn about an organization called Building Families for Children. They believe that God has a special job, or mission, for them. Doing that job means that they are showing how much they love Him by obeying and helping, and then others can see God's love in action!

Scripture Reference:

The Bible is made up of different sections called books and each of those books are broken into different chapters and verses. In the book of Galatians, chapter 6 and verse 2, God tells us,

"Share each other's burdens, and in this way you will fulfill the law of Christ."

Tell the Story:

Do you know what Jesus Christ said is the greatest law? To love God. And the second most



important law is to love our neighbors as much as we love ourselves. That is why helping someone with their burdens helps us obey the law of Christ—it is a great way to show love.

Burdens come in all shapes and sizes. Some of them can easily be seen from the outside, like when Mom comes home with a car full of groceries and needs help carrying them inside. Some of them are hidden, and can only be seen when someone talks about them, like when you are upset because someone said something mean to you. Just like a bag of groceries, sometimes facing something hard or feeling sad can almost feel “heavy”! It weighs you down and makes you feel tired, but when someone helps you through it you feel light again!

Building Families for Children can help kids and families when the going gets rough. Their main goal is to serve God by providing help, no matter if it is something big or something small. Even their name sounds like helping: Building Families for Children!

This week we will hear stories about children and families who went through some tough times and how Building Families helped them.

- On day two, we will hear the story of Jackson, a little boy whose burdens came from not having a family of his own. Don’t worry! There is a happy ending, but you will just have to wait until tomorrow to find out.
- On day three, it is Brittany’s story we will share. Brittany’s mom was in the hospital for a long time. Some days Brittany was happy and didn’t worry about things much. But then on other days she was very sad and did not think anything would ever be right again. We will find out how Brittany learned to handle those burdensome roller coaster feelings.
- When day four comes around we will hear about Travis. Oh my! His apartment got flooded and was such a mess that Mom had to find them another place to live for a while. There are lots of burdens to carry in that story.
- Then on the last day, day five, we are going to talk about how God loves, knows, and cares about each and every one of us. And he has a job for us all to do. Building Families for Children has the same job, and that is to let God’s love shine for all to see.

Activity:

Supplies Colored pencils or crayons.

Instructions Have kids color in the words and work on memorizing the verse.

Closing Prayer:

Now, let’s bow our heads together to pray.

Dear God, thank you for loving us so much that you listen to our prayers and want to help us. Today we ask you to help us to learn more about you this week! We also ask that you will help us

to see opportunities to serve others, because we want to be like you and we want to make you happy. We love you! In Jesus' name, we pray, amen.

SESSION TWO – A FOREVER FAMILY FOR JACKSON

Opening Statement:

Sometimes things happen that we did not plan for at all. It could be something like a sudden change in the weather, where the day went from warm and sunny to cold and rainy. You walked to your friend's house without a jacket or an umbrella and now you are going to get soaked and shiver with cold all the way home.

But guess what? Your friend's mom came to the rescue and loaned you an umbrella and raincoat to use! Imagine how good it feels to have someone do that for you!

How many of you have ever had a time where you helped someone by sharing something with them? Tell us about it. (Pick a couple kids and allow them to tell their experience with sharing.)

Scripture Reference:

In the Bible we learn that God cares about helping people, too. There is a verse in the book of Isaiah, chapter 25 and verse 4 that tells us a little about that. Talking about God, it says,

"You help the poor people. You help the helpless when they are in danger. You are like a shelter from storms. You are like shade that protects them from the heat."

Imagine that! Our amazing God is there to watch out for us every single day.

Tell the Story:

For a short time, Jackson was a sad little boy. He did not have a mommy or a daddy to take care of him. Jackson felt so alone and wished he had a forever family.

When Jackson was five years old, he had to go live in a foster home. When you live in a foster home it is like going on a sleepover for a really, really long time at the home of someone you don't know. Plus, there are people called social workers who check in on you while you are at this home.

Jackson's social worker made a phone call to Building Families for Children. She told them that Jackson needed a home. They said, "We have a mom named Miss Rosie in our CHOSEN foster care program who would love to have Jackson come and live with her!"



Jackson was not sure he wanted to go live with Miss Rosie. But Miss Rosie was sure she wanted Jackson. Miss Rosie cooked yummy meals for him and bought him the clothes he needed. She told Jackson about Jesus, and took him to church with her.

Jackson learned to love Miss Rosie, and at night when he said his prayers, he thanked God for her. But more than anything, Jackson still prayed that he would be adopted by a mom and dad and have a forever family.

One day, when Jackson was seven years old, his social worker came from Building Families for Children to visit. She smiled and said, "Jackson, we have a mom and a dad who want you to come live with them and be their little boy!"

"A mom and a dad?! A forever family for ME?" Jackson was so excited he could hardly believe his ears!

Miss Rosie hugged Jackson and said, "I will always love you and be there for you, even when you have your forever family. I will be your Grandma Rosie!"

Jackson liked being with his new mom and dad. They even decided to let him get a dog! His new mom cooked him spaghetti and his new dad taught him how to use a hammer and a saw. Jackson and Dad worked together all day long, building a porch for a neighbor.

Now Jackson has many friends at his new school and Daddy often asks Jackson to come to work with him. Jackson follows along behind Dad and says, "Bye Mom! Me and Dad have some business to do."

Jackson is a happy boy, and he thanks God every day for the people at the Building Families for Children foster care program who helped him find a forever family.

Activity:

Supplies Any writing utensil.

Instructions Give kids time to find the words in the word search. Pair kids who read with those that don't yet.

Closing Prayer:

Now let's bow our heads and talk to God for a minute.

Father in Heaven, we thank you for caring about us and helping us when we need you, sometimes before we even ask! You have a good plan for our lives, just like you did for Jackson! Thank you for providing a forever family for him, and we ask that you would do the same thing for other kids like him. We love you and we know that we can trust you no matter what! In Jesus' name, we pray, amen.

SESSION THREE – BRITTANY'S JAR OF SMILES

Opening Statement:

Let's start by pretending that you are outside, playing hide and seek with your friends. There are some bushes beside the house and you know they would be the best hiding place ever!

Then, when you squeeze behind those bushes to hide, you scrape your knee against the wall. Ouch! That hurts! But you don't want your friends to hear you yell, so you hold it inside.

Sometimes things happen in life that we try to hold in and not let anyone know. Sometimes we really should let someone else know, but it is hard to ask for help.

Scripture Reference:

God is the first person we should talk to when we are hurting. In the book of I Chronicles, chapter 16, verse 10 it says,

"Be glad that you are His. Let those who ask the Lord for help be happy."

Tell the Story:

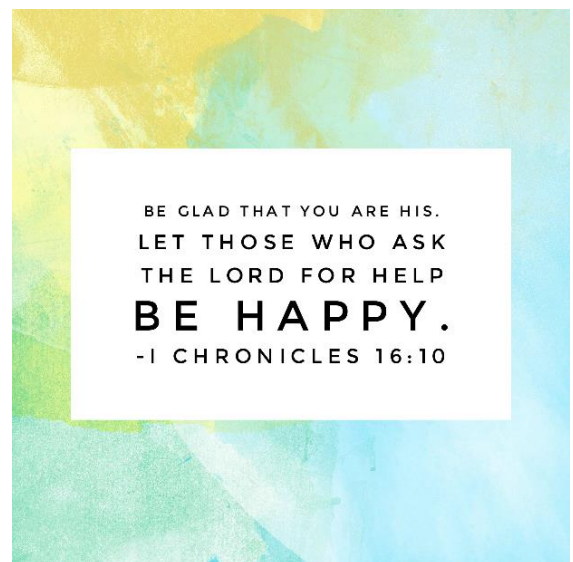
Mommy had been in the hospital for such a long time that Brittany almost forgot what it was like to have her at home. Brittany missed Mommy more than anything, but everyone kept saying that she would be coming home from the hospital. Sometime.

Brittany knew her daddy loved her very much, but he was having a hard time learning how to take care of a little girl. Daddy had to work long hours and was always in a rush. Sometimes he did not have time to do things like wash clothes and make sure Brittany brushed her hair before school. Daddy was doing his best without Mommy there to help.

Oh, it was so hard. On some days, Brittany felt like she was doing okay. But then on other days, Brittany would become very sad and scared that Mommy would not be coming home. Being sad like that made her feel like she was carrying around a big, giant rock that was just too heavy. She did not want to see or talk to anyone and would hide out in her room.

Daddy was very worried about Brittany. He called a friend who worked at Building Families for Children and asked, "Can you help me help Brittany?"

"Oh yes," said his friend. "We have a program called Therapeutic Family Services with our own therapist. She loves to help children and their families."



During their first meeting, the therapist welcomed them to Therapeutic Family Services and explained that Brittany and Daddy would work together on a special project. She opened her desk drawer and pulled out little pieces of paper and a jar with a lid.

The therapist gave Brittany and Daddy each a stack of blank strips and a pencil. "Now, pull out two blank strips of paper and on each, write one thing about Brittany's mommy that is really special," she said.

Brittany stopped for a minute and stared at the therapist. Then she thought about Mommy's smile... and she smiled. That was the first thing that she would write down! She carefully folded the strip of paper and placed it in the jar.

Brittany and Daddy used the strips to write more things like special names that Mommy calls Brittany and a couple activities that Brittany is looking forward to doing with Mommy when she comes home from the hospital, like making cookies. The more she wrote, the more Brittany smiled.

The therapist gave Brittany the jar, which was now stuffed full of folded strips of paper. She asked Brittany to decorate the jar with some stickers and gave her a special marker to write "Brittany's Jar of Smiles" on the side. She told Brittany that the next time she felt sad and scared about Mommy in the hospital, to pull out one of the strips and read it.

Brittany did exactly what the therapist told her. Some days it took more than one strip from the Jar of Smiles to bring back her smile, but it worked!

The therapist at Building Families for Children helped Brittany and Daddy get through the rough time they were having. Brittany now had the skills and tools she needed to make her tough days easier. In fact, she was happy and looking forward to seeing Mommy again. Brittany said thank you to God for answering her cry for help!

Activity:

Supplies Coloring pencils, crayons, and writing utensils. Scissors if kids are old enough to cut out the strips themselves.

Instructions Have them write or draw happy memories and things they like about their family.

Closing Prayer:

Now, let us bow our heads and pray together. Why don't you repeat after me?

Dear God, thank you for the happy times and for being with us when we are sad or scared. You are always there for us, and you never ever change or go away. Please help us to remember how much you love us, and help us to encourage other people when they are going through something really hard. In Jesus' name we pray, amen.

SESSION FOUR – TRAVIS AND THE FLOOD

Opening Statement:

God planned for parents to provide the things their kids need. Sometimes parents need a little extra help, and when they can't give their kids what they need, God wants others to help.

As you grow up, you will learn that there are lots of different ways to help people in need. Today we are going to hear about another program of Building Families called Safe Families for Children. Being a "Safe Family" is one of the ways your whole family can help!

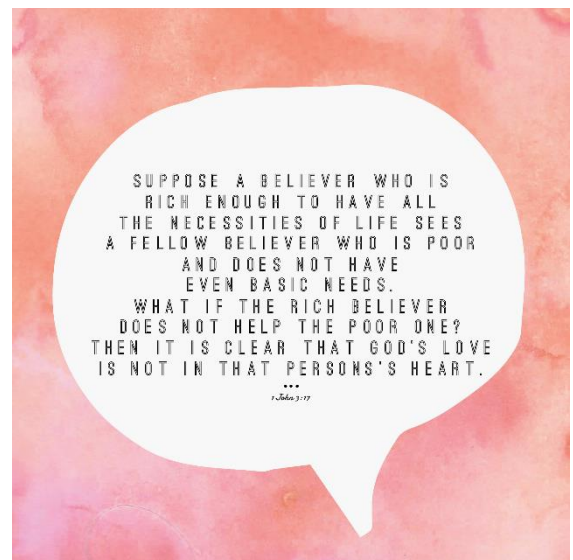
Let's see what God's Word, the Bible, says.

Scripture Reference:

In the book of 1 John, chapter 3, verse 17, God teaches us an important lesson. It says,

"Suppose a believer who is rich enough to have all the necessities of life sees a fellow believer who is poor and does not have even basic needs. What if the rich believer does not help the poor one? Then it is clear that God's love is not in that person's heart."

Wow, that means that if someone has more than they need and does not share with others, then that person really has more to learn about God's love! God's love changes us and makes us want to be kind and share with others.



Tell the Story:

Eleven-year-old Travis and Mom huddled together under the umbrella as they walked up the path to their apartment building. They couldn't wait to get inside and get dry! Mom unlocked the door and Travis went in first.

"Oh no!" said Travis, "Look at this mess!" Mom glanced around as she stepped inside. "There's been a flood, Travis," she said.

Mom and Travis saw water dripping down the walls. They heard water squishing as they walked across the carpet. They saw everything they owned was smelly and soaking wet. Everything was ruined!

Mom also saw water stains around the electrical outlets and she knew it was not safe to stay there, so she called a very good friend from church, who took Mom and Travis back to her home. She gave them some of her pajamas to wear and a nice, clean place to stay for the night.

The next day, the workers told Mom and Travis that there was a lot of work to do to repair the damage from the flood. It would take a very long time to make their apartment safe again. They would have to find another place to live.

When Travis asked Mom what they were going to do, he noticed a tear on Mom's cheek. She said that she was going to have to stay at a homeless shelter. Hotels cost way more money than she could afford!

Mom knew that Travis could not miss school, so she called the shelter that was closest. Oh no, the news was bad! The homeless shelter was only for grown-ups. They did not have a place for Travis.

At Travis' school, Mom talked to his teacher about their serious situation. The teacher told her to call Building Families for Children because they had a program that could surely help.

Mom learned all about Safe Families for Children when she called. They said that Travis could stay with a volunteer Christian family for a short time while his mom stayed at the shelter. The volunteer family had more than enough room and felt that God wanted them to share it with a child in need.

There was also a volunteer in the Safe Families program called a Family Friend who could help Mom find new furniture, clothing, and a lot of things they needed to get back into their own place once it was ready.

Mom worked hard with the Family Friend to get everything ready. A few weeks later, they moved back into their fresh, clean apartment. She and Travis thanked God for Building Families for Children and the people in Safe Families who volunteer to open their homes, giving tender care in the name of Jesus to help families going through hard times.

Activity:

Supplies Any writing utensil.

Instructions Have kids circle the things they pack for an overnight trip, and cross out the silly things that they don't!

Closing Prayer:

Let's close our eyes, bow our heads, and say a prayer.

Dear God, thank you for people like the Safe Families volunteers who show the world your love by helping others. Sometimes it is hard to let go of what we have, but when we see other people who are going through tough times, we know you want us to help. We love you Lord! In Jesus' name we pray, Amen.

SESSION FIVE – GOD'S LOVE SHINES THROUGH US

Opening Statement:

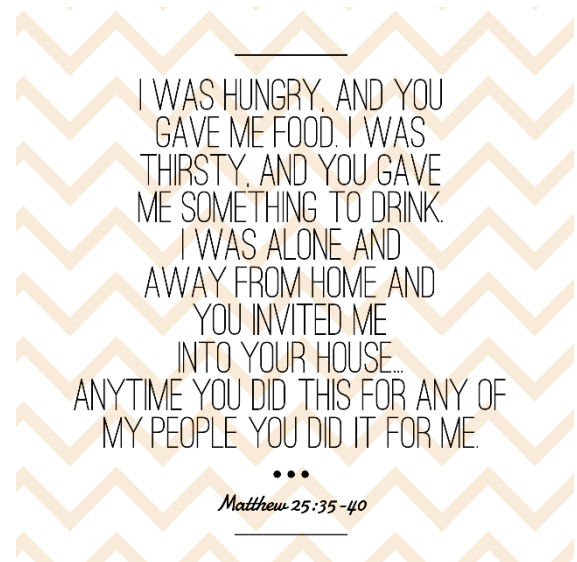
God made each and every one of us. Because he made us, he is our Heavenly Father. He knows us better than even our Moms and Dads know us! And God cares about us very much.

He also cares about what is going on with people all over the entire world. He wants us to be like him and care about others, too. When we do this, people will see that we are obeying God out of love.

Scripture Reference:

There are some verses in the Bible where God teaches us about the kind of people who will go to live with him forever in his kingdom. In the book of Matthew, chapter 25, verses 35, 36 and 40, he is talking to those people and says,

"I was hungry, and you gave me food. I was thirsty, and you gave me something to drink. I was alone and away from home, and you invited me into your house. I was without clothes, and you gave me something to wear. I was sick, and you cared for me. I was in prison, and you visited me...I tell you the truth. Anytime you did this for any of my people here, you also did it for me."



Tell the Story:

Wow! That is a lot of times that different people needed help. Every time that someone is there to help, God sees it happen and he remembers. We can't personally help everyone in the whole world, but we can do our part, just like the Bible verse said. One person at a time. This is a wonderful way to share God's love with others.

And he watches out for you too. Sometimes when you didn't even know it, God is there keeping you safe, or sending another person to provide a way for you to have the things you need before you even know you need them.

God said that people who love and trust Him are the people who will go to live with him in heaven. The people who believe in God and obey him have special jobs to do right now. These jobs are also called missions. Not every worker has the same mission, but we all have the same God whom we serve.

The mission of the workers and volunteers at Building Families for Children is to focus mainly on keeping families together. The Bible teaches that God designed families as the best place for kids to grow and learn.

The workers and volunteers at Building Families for Children want to make sure that kids like Jackson and Travis have a safe, loving place to live. These specially trained people, like the therapist, can help families like Brittany and her Daddy find ways to make sad times a little bit easier.

You and your families, the workers, and the volunteers at Building Families for Children allow God's love to shine every time someone gets the helping hand they need.

Activity:


Supplies Writing utensil and colored pencils or crayons.

Instructions Have kids write or draw one nice thing they plan to do for someone else on each day of the week.

Closing Prayer:

Let's pray.

Heavenly Father, this week we learned about the people that Building Families for Children has helped. We ask that you them wisdom and help them to do good work and share your love. Help the families who are going through difficulties so that they can see and feel your love! In Jesus' name we pray, amen.



SHARE EACH OTHER'S BURDENS,
AND IN THIS WAY YOU WILL
FULFILL THE LAW OF CHRIST
-GALATIANS 6:2

you help the poor people.

YOU HELP

THE HELPLESS WHEN THEY ARE IN DANGER.

YOU ARE LIKE A SHELTER FROM STORMS.

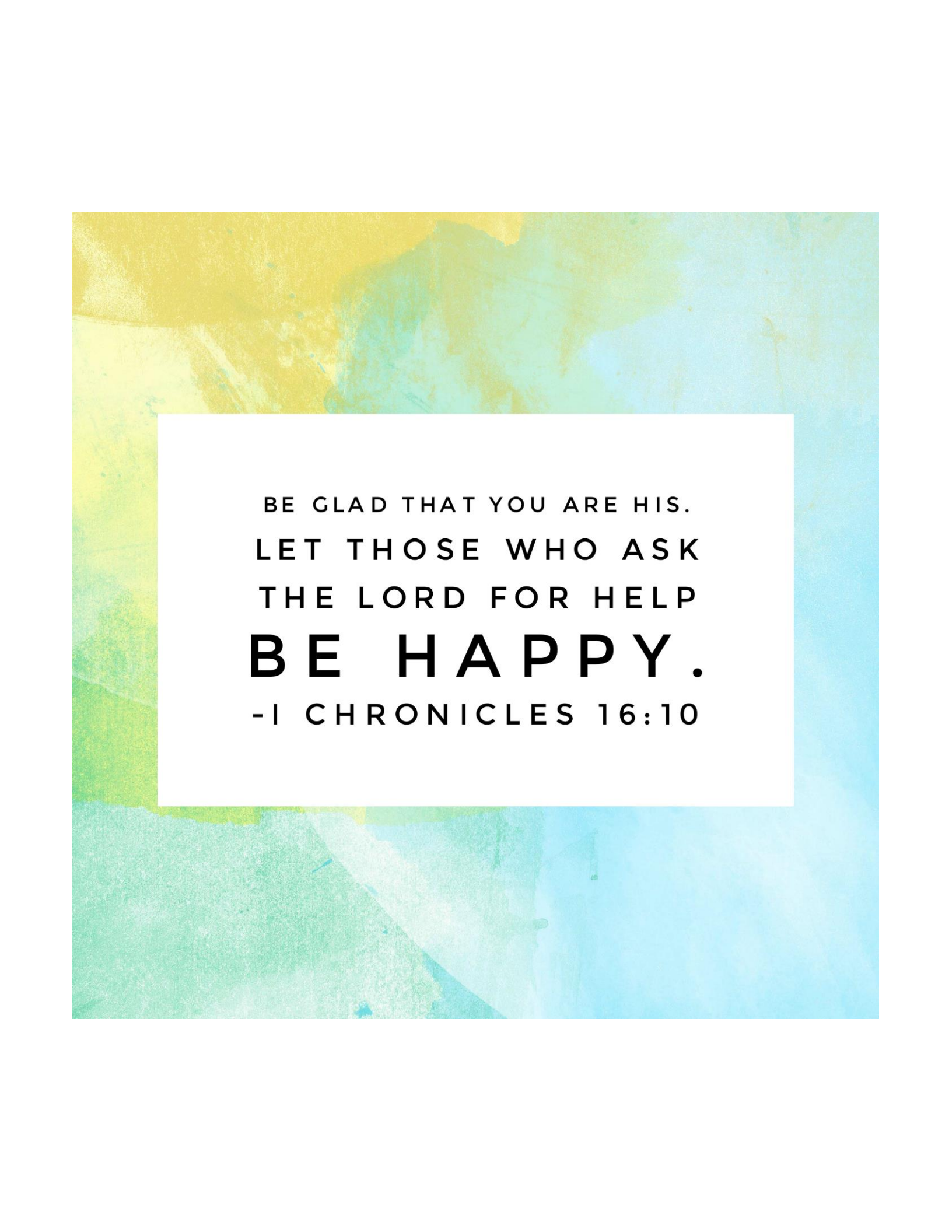
YOU ARE LIKE SHADE THAT

protects them from

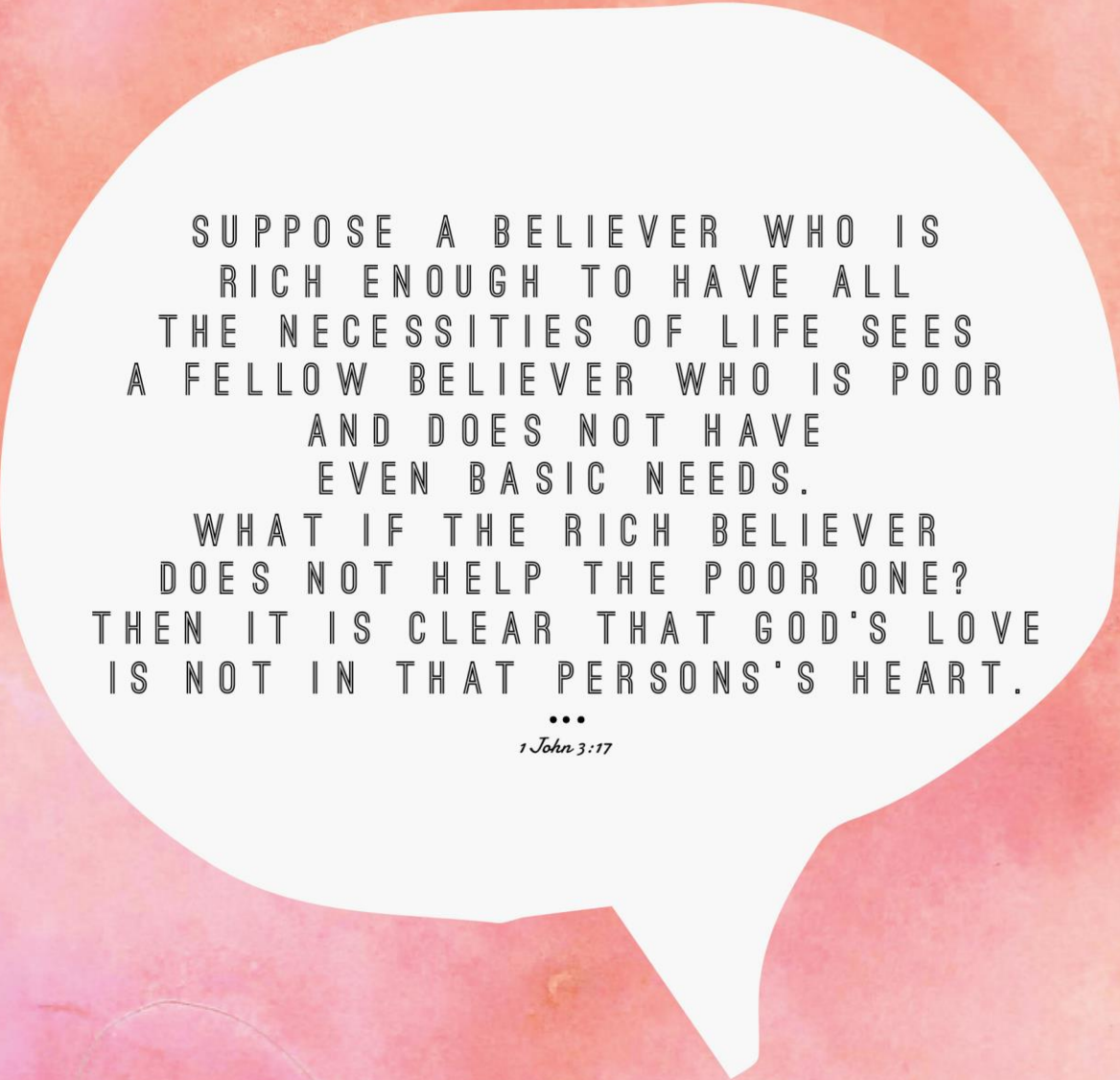
THE HEAT.

-ISAIAH 25:4





BE GLAD THAT YOU ARE HIS.
LET THOSE WHO ASK
THE LORD FOR HELP
BE HAPPY.
-1 CHRONICLES 16:10



SUPPOSE A BELIEVER WHO IS
RICH ENOUGH TO HAVE ALL
THE NECESSITIES OF LIFE SEES
A FELLOW BELIEVER WHO IS POOR
AND DOES NOT HAVE
EVEN BASIC NEEDS.

WHAT IF THE RICH BELIEVER
DOES NOT HELP THE POOR ONE?
THEN IT IS CLEAR THAT GOD'S LOVE
IS NOT IN THAT PERSONS'S HEART.

...
1 John 3:17

I WAS HUNGRY, AND YOU
GAVE ME FOOD. I WAS
THIRSTY, AND YOU GAVE
ME SOMETHING TO DRINK.
I WAS ALONE AND
AWAY FROM HOME AND
YOU INVITED ME
INTO YOUR HOUSE...
ANYTIME YOU DID THIS FOR ANY OF
MY PEOPLE YOU DID IT FOR ME.

• • •

Matthew 25:35-40

SESSION 1 ACTIVITY: GOD WANTS US TO HELP EACH OTHER

Can you color in these words and memorize the Bible verse?
We think you can!

“Share each
other’s burdens,
and in this way
you will fulfill the
law of Christ.” *Galatians 6:2*

SESSION 2 ACTIVITY: A FOREVER FAMILY FOR JACKSON

Find these words in the word search! They can be up and down, sideways, diagonal, and even backwards!

☐ Family
☐ Parent
☐ Pray

☐ Forever
☐ Grandma
☐ Son

☐ Love
☐ Friends
☐ Daughter

☐ Home
☐ Hope
☐ Play

☐ Happy
☐ Bible
☐ Joy

P	F	B	T	N	E	R	A	P	T
R	O	A	I	S	H	O	M	E	H
A	R	A	M	A	O	W	B	V	A
Y	E	D	P	I	P	N	I	O	P
I	V	P	L	A	E	P	B	L	P
N	E	S	O	J	O	Y	L	O	Y
F	R	I	E	N	D	S	E	A	V
G	R	A	N	D	M	A	P	P	Y
H	O	R	E	T	H	G	U	A	D

SESSION 3 ACTIVITY: BRITTANY'S JAR OF SMILES

We're going to make our very own jar of smiles! Write a happy memory or something you like about someone in your family or one of your friends on each strip. Then ask an adult to help you cut them out and find a jar to put them in 😊

	😊
	😄
	😜
	😎
	😊
	😄
	😜
	😎
	😊
	😄
	😜
	😎

SESSION 4 ACTIVITY: TRAVIS AND THE FLOOD

If you're going to a sleep over at your friend's house or you're going to stay with grandma for a few days what things do you need to pack? Circle the things you would take and cross out the things you WOULD NOT pack!

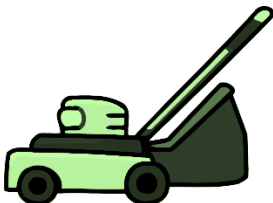
Toothbrush Basketball Hoop Games Shoes

Bunny Shampoo Couch Slippers

Dog Rocks Socks Flashlight

Lawn Mower Lamp Sleeping Bag Towel

Dinner Table Pillow Pajamas Candy



SESSION 5 ACTIVITY: GOD'S LOVE SHINES THROUGH US

Write or draw one nice thing you are going to do for someone else each day next week!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday