

Involves Helping

By RLD Editorial Team

for use as
STEP 1**Lesson 4****Focus:**

Show your love for God by helping those in need.

Lesson 4**Bible Basis:**

Isaiah 58:1-11

Lesson 4**Memory Verse:**

Learn to do right; seek justice.
Defend the oppressed. Take up the cause of the fatherless; plead the case of the widow.
—Isaiah 1:17

Your students will evaluate true worship as it relates to helping those in need.

Materials:

- Poster boards or large pieces of paper (3)
- Markers

As students join your group time today, divide them into three groups. Some ideas for grouping are by last initials, by first initials, or by age. Send each group to a corner of the room and have a desk and materials available. Each group will need a poster board, markers, and a pair of utility scissors. Tell your students that they are going to create a billboard that advertises meeting a specific need. For example: Hungry? Free sandwiches and coffee just around the corner!

If your class is meeting online, you can use the breakout room feature of your video chat software to divide teens into even groups. Have them use word processing software to create a digital sign.

Allow students to come up with whatever they want to “advertise”—just make sure the underlying theme is meeting a need that people have. Give your teens five minutes to complete their sign. After the three groups have finished, encourage groups to designate one person to explain the need and how it will be met by what they’re advertising.

➤ **You made those needs pretty eye-catching! But in the real world, some needs aren’t quite so obvious. Do you normally look for or recognize needs around you? How do you respond?** (Students may admit that they aren’t very observant when it comes to needs...or they ignore them because they don’t know what to do.)

At the beginning of the pandemic, a bunch of teenagers saw a need—seniors who were unable to grocery shop and get essential supplies—and decided to do something about it. So, they created the website “Teens Helping Seniors” with the mission of “Helping seniors through COVID and beyond” as a platform to bring essential items to seniors in 33 different regions of the United States and beyond. To date, over 1,000 volunteers have made more than 3,000 deliveries!

You may want to show this webpage to your students:

Teens Helping Seniors website
<https://teenshelpingseniors.org/>

➤ **Why would a teenager want to volunteer his or her free time delivering groceries to seniors like this?** (Answers will vary. Helping others is a worthwhile way to spend time, and it's so necessary because our world is full of hurting people. Students may also mention the benefit to themselves such as: "When you see the true needs of others, you realize that you have more than you need.")

➤ **This program hasn't been around for long. How do you think this program could continue to grow and serve seniors even after COVID-19?** (Answers will vary. They could include continuing to help seniors who can't get to the store, helping them with yard work, spending time with them, etc.)

Helping others in need benefits us, the individuals receiving the help, and the community. But there's another benefit that we sometimes don't think about. Let's learn more.

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

Worship Involves Helping

for use as
STEP 4 

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Materials:

- Index cards (1 per student)
- Pens/pencils (1 per student)
- List of family needs in your church

Before class, connect with your church office or benevolence committee to obtain a list of families or individuals in your church or community who have needs that could be met by the teens in your class. If your class is meeting online, invite your students to bring a pen/pencil and index card with them to class.

Israel was fasting to show that they served God, but God used Isaiah's words to challenge them. God saw right through their actions and looked at their hearts. Although they were going through the motions of worship, the people of Israel were fighting among themselves and weren't helping those in need.

The following verses show us God's view of true worship: "Is that what you call a fast, a day acceptable to the Lord? Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter—when you see the naked, to clothe them, and not to turn away from your own flesh and blood?" (Isaiah 58:5b-7).

- **Why does God see meeting the needs of others as a true act of worship and love toward Him?** (Answers will vary but may include that God cares about all people and we are His hands and feet to minister to them, Jesus said that when we meet needs of "the least of these," we are ministering to Him directly.)

Oftentimes, youth groups will set out to help those in their community, which is great! But Isaiah 58:7 also says, not to "turn away from your own flesh and blood." This is usually interpreted as family, but could also apply to the church family of Christian sisters and brothers—or to people anywhere, even those who don't share our beliefs. Allow for a few minutes of sharing about needs they've observed within families in your church. For example: sickness, broken bones or surgeries, a parent's job loss, the loss of a family car, a death in a family or cancer diagnosis, a physical move to another home, etc. Share the list of needs of families or individuals in your church or community that you were able to obtain before class.

Make a plan for meeting some of these needs as a group or as individuals this week. For example: providing a meal, doing a fundraiser, distributing flyers, calling someone in need, visiting an elderly person, yard work for someone deployed in the military, etc. Students may choose to work alone or as a small group.

Hand out index cards and pens/pencils to your students. If your class is meeting online, invite them to have those items ready. Have students write down on an index card what their plan of action this week will be and commit to living out their faith by expressing worship with deeds that will help those around them. Encourage them to be ready to share their worshipful experience when they come to class next week.

Remember, this is a great way to show God and others the great love you have for them!

Close today's lesson in a time of quiet reflection and prayer.

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