

Choosing to Help

for use as
STEP 1 **Lesson 8
Focus:**Take time to be
compassionate.**Lesson 8
Bible Basis:**Matthew 14:14; Mark
1:40-45; 6:30-34**Lesson 8
Memory Verse:**Finally, all of you, be like-minded, be
sympathetic, love one another, be
compassionate and humble.
—1 Peter 3:8

Students will watch videos about compassionate acts as they explore the compassion of Jesus.

Materials:

- Internet access
- Whiteboard/markers (or screenshared document)

Welcome your students as they enter. As everyone settles in, ask your students what their least favorite chore is. Picking up their dog's poop? Emptying the trash? Cleaning toilets? When everyone is settled, ask your students to make a list together of all the things they might be asked to help with in a given week. Make a master list on the whiteboard (or screenshared document).

- **Do you feel like you have to help too much? Just the right amount? Not enough?** (Answers will vary.)
- **What makes helping feel better or worse?** (Answers will vary. If your help is appreciated, if it's a job that's not too hard, if the person your helping is nice, etc.)
- **When you have a choice (like your parents or teachers aren't forcing you to help), what factors make you more likely to want to help someone?** (If they're nice, if they deserve help, if they've helped you before, if you have the time, etc.)

Let's take a look at social media influencer Jimmy Darts who shares about how he uses his social media accounts to spread kindness and raise money for people in need.

Share the following video with your students [29:18; start at 5:35; stop at 7:28]:

Impact Conversations: Generosity Influencer Jimmy Darts

<https://www.youtube.com/watch?v=Zgz130uNKcM&t=1s>

- **What impressed you the most about what Jimmy said in this video?** (Answers will vary; how Jimmy raises so much money to help other people, how blessed people are by the money, how Jimmy specifically chooses people, etc.)

➤ **How do you think the people Jimmy talks to feel about being asked for help (mostly through donations) all the time?** (Being asked all the time is overwhelming. You might not know who your true friends are because everyone would be nice to you just to get what they want. You just want a minute to yourself, etc.)

Sometimes, being asked for help can be overwhelming. Sometimes it feels like we just have nothing left to give. Jesus felt that way sometimes, too. He helped and He helped and the people just wanted more. But Jesus showed compassion on those people, even when He was tired or they could make Him sick. He helped them no matter what.

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



Lesson 8 / January 25, 2026

Choosing to Help

for use as
STEP 4 **Lesson 8**
Focus:Take time to be
compassionate.**Lesson 8**
Bible Basis:Matthew 14:14; Mark
1:40-45; 6:30-34**Lesson 8**
Memory Verse:Finally, all of you, be like-minded, be
sympathetic, love one another, be
compassionate and humble.
—1 Peter 3:8**Materials:**

- Internet access
- Paper
- Pens/pencils

If your class is meeting online, invite students to bring supplies with them to class.

Jesus on earth lived out perfect compassion. Not only did he physically heal people's bodies, he healed our souls through his death and resurrection. His compassion for us is so huge that it can be intimidating sometimes! I mean, what can I possibly do that would matter compared to what Jesus has already done for the whole world? Fortunately, Jesus has promised us the help of the Holy Spirit. Our job isn't to try and do everything Jesus did (I mean, we couldn't!), but to find the place that God is calling us to serve and to show compassion.

Jesus showed compassion even when it messed with His plans and even when the people didn't deserve it. True compassion does not depend on the person receiving it, but on the person giving it. When we show compassion, our motivation has to be that we are doing it for God, regardless of how the receiver feels.

Distribute supplies (or invite students to have supplies ready at home). Invite them to respond to the following question by writing or drawing.

➢ **How might God be calling you to demonstrate compassion, even to someone who doesn't deserve it?** (Allow your students some time to process this. If students need help thinking of ideas, share with them these examples: I can be kind to my siblings, even when they're mean to me. I can patiently help my friend learn how to do our math problems, even though he wasn't paying attention in class. I can shovel my neighbor's sidewalk, even though they're grumpy, etc.)

Challenge students to come up with one way to show compassion to someone this week. Invite students to write that item down on their papers. Remind them that true compassion comes from the Lord, so they can rely on His strength as they show compassion.

End by praying that God would open your hearts to the opportunities to show compassion that He puts in front of you this week.

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