

# Can You Help Someone?

*Do you know someone who is sad  
or worried right now?*

*Perhaps a friend, relative, or teacher?*

There are many people who are having a rough  
time at this very moment.



*When people are suffering, it's hard sometimes  
for them to do things...*

They may not have time to feed their pets, or water their flowers, or weed their garden.

## You can help!

*For instance...*

Your friend may have **no one**  
to talk to about what's  
bothering him or her.

- ❖ You can sit quietly with your friend. You don't even have to say anything – just being there will help.
- ❖ You can pray for them, and let them know you're doing it. Ask God to comfort and help them.
  - ❖ Help with a household chore – maybe weed their garden or water the flowers.
  - ❖ Ask what you can do to help.
  - ❖ Be a friend who listens.
  - ❖ Lend the person an extra Bible from your house if they don't have one.
  - ❖ Ask your family to pray together for the person.
- ❖ Send an email or card with a verse from God's Word to encourage the person.
- ❖ Respect the person's desire for occasional privacy – sometimes people need to have a little quiet time with the Lord.
  - ❖ Tell your friend that Jesus cares.



*"Be strong and take  
heart, all you who  
hope in the Lord."  
– Psalm 31: 24*

When you help someone, it's not to get any special praise.  
And it's not so they'll owe you a favour for later.

We help others because we love God and because God shows us how to care about other people.



God allows us to be His "hands" when we help another person.  
There's no better reward.

When God sent His Son, the Lord Jesus, into the world,  
it was to help us all. Jesus didn't ask for any payment.  
He gave His life for each of us.

It's a blessing for us to be able to give a little of  
our time and strength for someone else.  
God gives us joy when we help another !



Dear God, Thank you for all the ways you help me. Please show me  
how to help others for Your glory. Thank you, Amen.