

# Lend a Hand

Carry each other's burdens.  
(Galatians 6:2 NIV)







Have you tried to lift something that was too heavy for you, and then someone came and helped you lift it? You probably felt happy for the help.





Throughout our days we will find people who need our help, and whenever we can we should try to give them a hand. When we help others we show kindness and thoughtfulness. One important way we can help other people is by being friendly and courteous.

Jesus was a good example of helping other people. He took time to help people.



He made friends with people whom others did not like,  
and He made those who were sad happy. We can do the  
same!



Sometimes it may not be easy to help someone else, or  
we may have to stop doing something we want to do  
in order to help. Even when it is difficult to do, helping  
others is important.







# Action

Ask your parents or a friend how you can help, and then lend a helping hand. Even helping in a small way will make a difference.



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