

Help for the Hungry

Matthew 14:13-21; Mark 6:30-44; John 6:1-13;
The Desire of Ages, pp. 364-371

Mei and Lanya played for most of the morning and were having so much fun that they forgot it was lunchtime. But Mom knew it was time for them to eat and called them into the kitchen. She knew what was good for them. Have you ever enjoyed what you were doing so much that you forgot that you were hungry? Our story is about more than 5,000 hungry people. Let's find out what happened to them.

There were few things little about the day Jesus fed more than 5,000 people. A huge crowd had gathered to hear Jesus speak and watch Him heal the sick. Jesus preached for many hours, sharing God's love with the people. It had been a long time since they had gathered, but Jesus was still talking. The empty tummies of many, many people were growling.

The disciples were tired and hungry too. "Jesus," they said, "tell everyone to go home. There's no food here. They can come back tomorrow."

Jesus was also tired and hungry. But He had so much more He wanted to tell the people. And there were more sick people who needed to be healed.

Jesus responded, "You give them something to eat."

The disciples looked at the large crowd—more people than they could count. "It would take a year's wages to buy enough food!" Philip said.

Andrew found a boy who was willing to share his simple lunch with Jesus. But he had only two fish and five small loaves of bread. But that was exactly what Jesus needed: someone to share!



The Message

I serve Jesus when I help to meet others' needs.

Memory Verse

"Give them something to eat"

(Matthew 14:16).

He blessed the boy's lunch, and the disciples began sharing it.

"Here's a piece for you . . . and you . . . and you," they said. The boy shared his lunch with Jesus, and Jesus multiplied it. He shared that lunch with more than 5,000 men, women, and children! And after everyone had been fed, the disciples collected 12 baskets of leftover food!

If one boy's lunch could feed more than 5,000 people, what could Jesus do with something of yours? If you share what He has

given you to help others in need, Jesus will make it go further. When you help people in need, you serve Jesus too.



S A B B A T H

DO Go for a nature walk with your family. Take some bread or birdseed along and feed the birds or other animals. Read and discuss Matthew 14:16. Whom do you know who needs food? How can you help them?

SING Sing "We Are His Hands" (Sing for Joy, no. 129) before prayer.

M O N D A Y

READ Unscramble names of these foods mentioned in the Bible.

Genesis 1:11 utirf

Numbers 13:23 seaprg, psoemteagnra, sigf

Deuteronomy 8:16 nanma

2 Kings 4:2 ilo

John 21:13 hifs, radbe

PRAY Thank God for good food.

DO Clap out your memory verse. Invite your family to join you.

W E D N E S D A Y

READ During family worship, read John 6:1-13. This was written by the disciple John.

DO Think of someone who needs help. Ask your family to invite them to dinner and church on Sabbath. With your parents' permission call that person now.

DO How many foods can you name in five minutes?

DO Make up a tune for your memory verse.

S U N D A Y

READ During family worship, read Matthew 14:13-21. Imagine that you were the boy who shared his lunch. What did you see, smell, hear, say, and do? Tell your family.

SHARE Share your heart-shaped basket from Sabbath School. If you weren't in Sabbath School, take five minutes to think of ways to share with your family and friends. Then do one of them. Pray for the person you will share with today.

DO Say the memory verse and clap the rhythm of the words. Ask your family to join in.

T U E S D A Y

READ With your family, read Mark's version of your Bible story in Mark 6:30-44.

DO Paste pictures of your favorite foods on a clean, clear jar. Place your jar on your dinner table. Whenever you eat a meal, ask your family to place money in the jar. At the end of the month, give the money to ADRA or another organization that helps people in need.*

SING Sing a thank-You song before prayer.

*Adapted from Fun-to-Learn Bible Lessons: K-3 (Loveland, Colo.: Group Publishing Co., 1995), vol. 2, p. 53.

Andrew may have known the boy who shared his lunch, because Andrew was from that area.



THURSDAY

DO Read John 6:11 again. The bread and fish that Jesus blessed just kept multiplying. Ask an adult for a bubble wand and bubble mixture. Have everyone in your family blow a bubble, pop it, and name a blessing in their life. Discuss: How does Jesus want you to react to all His blessings?* Thank Him for blessings He gives you today.

DO Say your memory verse together. Before prayer, sing a song about sharing.

*Adapted from Fun-to-Learn Bible Lessons: K-3, vol. 2, pp. 53, 54.

FRIDAY

DO Before worship, ask an adult to help you get some bread and fish-shaped crackers. Share them with your family as you act out the story together.

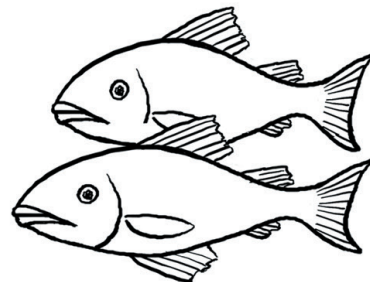
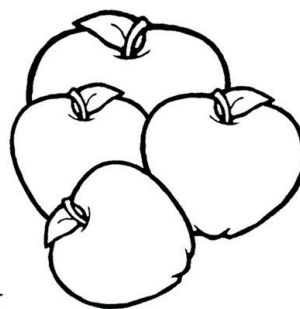
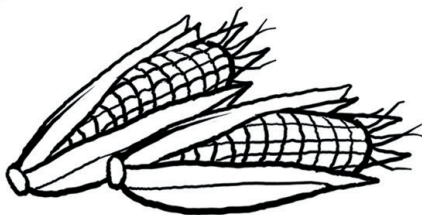
DO Read Matthew 25:40 together. Remind the person(s) you invited to Sabbath dinner tomorrow about that invitation. Pray that they will enjoy a Sabbath blessing.

SING Sing your memory verse together before prayer.

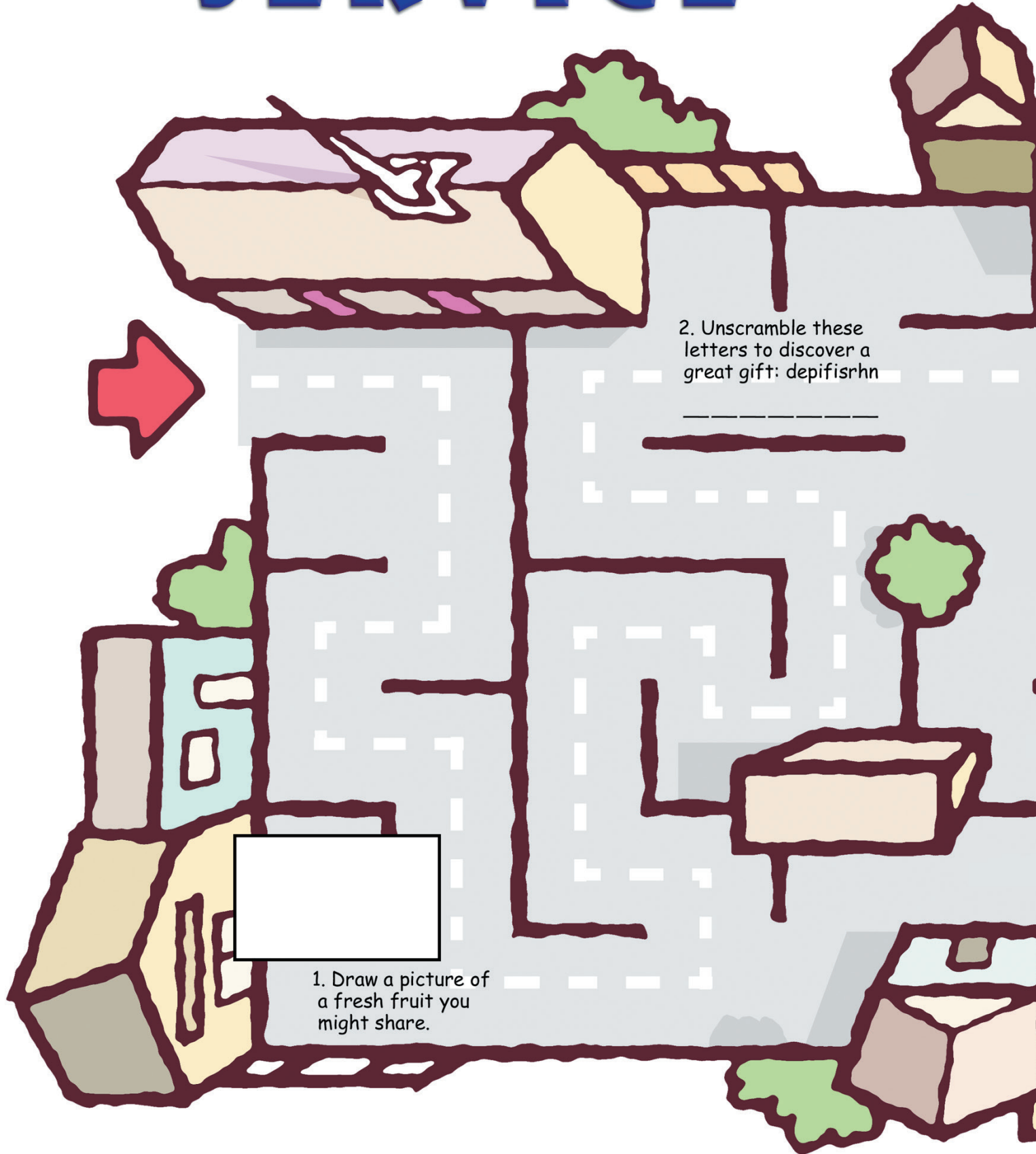
Help for
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PUZZLE

Directions: Jesus fed 5,000 men plus women and children. Color the pictures of the food that He blessed and multiplied.



SERVICE



2. Unscramble these letters to discover a great gift: depifisrhn

1. Draw a picture of a fresh fruit you might share.

Directions:

Jesus met people's basic needs. Follow the path as His disciple in your neighborhood. Serve your neighbors by doing the activities along the way.

