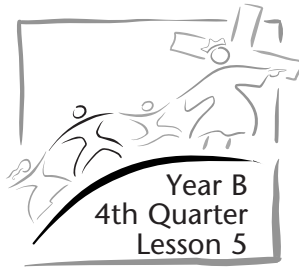


LESSON



Helping Hands

SERVICE

We serve by giving to others.

References

Acts 9:36–43; *The Acts of the Apostles*, pp. 131, 132.

Memory Verse

“Being kind to the needy brings happiness” (Proverbs 14:21, ICB).

Objectives

The children will:

Know that being kind brings happiness.

Feel happy that they can be a blessing to others.

Respond by bringing happiness to others by their kind actions and words.

The Message



Being kind to others makes us happy too.

Getting Ready to Teach

The Bible Lesson at a Glance

Dorcas uses her hands to make clothing for the poor. She comforts the sad, ministers to the poor, and brings happiness to many. She is loved by many in Joppa. When she dies, the believers at Joppa send for Peter. They show him the garments Dorcas made for them, and tell Peter of her kindness and love. Peter, with God’s power, brings Dorcas back to life.

This is a lesson about service.

Although we cannot by ourselves bring life to those who have died, we can serve others. We can bring happiness to those around us by simple acts of kindness and love. Thus our lives can be a blessing to others.

Teacher Enrichment

“Children are to be instructed in the

FIVE

Program Outline			
LESSON SECTION	MINUTES	ACTIVITIES	MATERIALS NEEDED
Welcome	ongoing	Greet students at door; hear pleased/troubled	none
1 Readiness Activities	up to 10	A. <i>Caring for the Sick</i> B. <i>People Who Serve Others</i>	roll of gauze, small adhesive bandages, play doctor's kit box, items representing people who serve
* Prayer and Praise*	up to 10	See page 53. *Prayer and Praise may be used at any time during the program.	
2 Bible Lesson	up to 20	Experiencing the Story	adult-size Bible-times costume, fabric, needle and thread
		Bible Study	Bible
		Memory Verse	Bible
3 Applying the Lesson	up to 15	A. <i>Bringing Happiness</i> B. <i>Community Services Project</i>	none one guest speaker (optional), letter to parents (see activity)
4 Sharing the Lesson	up to 15	<i>Filled With Happiness</i>	clear plastic cups, markers or crayons, paper, white/chalkboard, markers/chalk

special truths for this time, and in practical missionary work. They are to enlist in the army of workers to help the sick and the suffering. Children can take part in the medical missionary work and by their jots and tittles can help to carry it forward. Their investments may be small, but every little [action] helps, and by their efforts many souls will be won to the truth" (*Counsels to Parents, Teachers, and Students*, pp. 176, 177).

"She [Dorcas] was a worthy disciple of Jesus" (*The Acts of the Apostles*, p. 131).

"Disciple. Gr. *Mathētria*, 'a female disciple.' . . . By some, Dorcas is regarded as a deaconess in the church at Joppa. . . . Dorcas may have had special

care of the widows of the church" (*The Seventh-day Adventist Bible Commentary*, vol. 6, p. 242).

"Dorcas had been of great service to the church, and God saw fit to bring her back from the land of the enemy, that her skill and energy might still be a blessing to others, and also that by this manifestation of His power the cause of Christ might be strengthened" (*The Acts of the Apostles*, p. 132).

Whom will you touch for Jesus? How are you exemplifying the word "Christian"?

Room Decorations

See Lesson 1.

Teaching the Lesson

Welcome

Welcome children at the door. Ask how their week has been—what they are pleased/troubled about. Encourage them to share any experiences from last week’s lesson study. Have them begin the readiness activity of your choice.



Readiness Activities

Select the activity most appropriate for your situation.

A. Caring for the Sick

You Need:

- roll of gauze
- small adhesive bandages
- play doctor’s kit

Let the children pretend to be helping one another by bandaging one another and using “tools” from the doctor’s kit. Tell them to take turns being the helper and the sick person.

Debriefing

Allow responses as you ask: **What do you like about helping the sick? How does it feel to have someone help you? Who usually helps you when you are sick? Does everyone have someone to help them when they are sick?** (no) **What else can we do to help sick people?**

(take them food, blankets, flowers, toys, books, Bible, medicine; clean for them; sing them a song; pray with/for them; etc.)

Say: **Our Bible story today is about a woman who helped sick people and the poor and widows. She made a lot of people happy. Today’s message is:**



Being kind to others makes us happy too.

Say that with me.

B. People Who Serve Others

You Need:

- box
- items representing people who serve

In advance, put in a box items that represent those who serve others, such as a Bible (pastor), chalk (teacher), bandage or stethoscope (nurse/doctor), hammer (builder), toy cow or plastic vegetable (farmer), spool of thread (tailor), etc. Say: **I have a box here with things that remind us of people who serve God. Come one at a time, and take something out, hold it up, and tell us who might use it.**

Debriefing

Allow responses as you ask: **How do people who do these jobs serve God?** (They help others.) Say: **You can help others and bring them happiness too. Our Bible story today is about a woman who helped peo-**

ple in her town whenever she could. She cared for the sick, and she sewed clothes for the poor and the widows. She made a lot of people happy. Today's message is:



Being kind to others makes us happy too.

Say that with me.

PRAYER AND PRAISE



Fellowship

Report the students' joys and sorrows (pleased and troubled) as reported to you at the door (as appropriate). Allow time for sharing experiences from last week's lesson study and review the memory verse. Acknowledge any birthdays, special events, or achievements. Give a special, warm greeting to all visitors.

Suggested Songs

"Happy All the Time" (*Little Voices Praise Him*, no. 198)

"I Have the Joy" (*Little Voices Praise Him*, no. 216)

"Something Nice" (*Little Voices Praise Him*, no. 261)

"Care for One Another" (*Little Voices Praise Him*, no. 262)

"Let Us Do Good" (*Little Voices Praise Him*, no. 263)

Mission

Say: **There are people all around us who need help. When we care for others, we are bringing them happiness and doing what Jesus wants us to do. Let's listen to a story about someone who cared.** Use a story from *Children's Mission*.

Offering

Say: **Helping the sick and poor is one way we bring happiness to others and ourselves. Another way is to give our money so others can learn about Jesus. Learning about Jesus will bring them the greatest happiness.**

Prayer

Say: **Dear Jesus, we want to bring happiness to others by being like You. Help us to see how we can help others and share Your love. Amen.**

*Prayer and Praise may be used at any time during the program.

2

Bible Lesson

Experiencing the Story

You Need:

- adult-size Bible-times costume
- fabric
- needle and thread

Wear the Bible-times costume, and pretend you are sewing the fabric as you read or tell the story.

Read or tell the story.

Hello, boys and girls. My name is Tabitha. That's my Aramaic name. But some people call me Dorcas. That's my name in Greek.

You can call me by either name.

Since I've learned about Jesus and become a Christian, I really want to help people as He did. I guess people know I will help however I can. So I seem to be busy all the time.

When someone is sick, I find out about it, and what do you think I do? *[Allow responses.]* Yes, I go to see them. I sometimes take some food *[pretend to be giving a dish to someone]* or maybe a warm blanket *[hug self as if cold]*. If I see that their house needs cleaning, I will do that too *[pretend to sweep]*. I always try to pray with the sick person *[fold hands and close eyes]* and smile *[smile]* and maybe sing them a happy song about Jesus.

And poor people need my help. The widows especially. They have no husbands to help them. I love sewing new clothes for them. I love seeing the look of surprise and happiness on their faces when I give them a new robe or head covering. In fact, that's what I'm making right now, see? *[Hold up material.]* It's a new robe for one of the widows. Oh, she'll be so happy when she sees it. I can't wait!

I especially love children. The ones who are sick or don't have parents are the ones I take more time with. I save my biggest smiles for them *[smile big]!* I give them a hug *[hug one of the children]* or listen to them tell me about their troubles. Sometimes I play a little game

with them *[pretend to run]* or teach them a song or tell them a story about Jesus.

Every day I see all around me so many people who need help. I know now why Jesus was so busy helping people. When you really look, you can always see someone who needs Jesus' love and care. I like bringing happiness to others. And I feel a lot of happiness by doing these things.

I have to tell you about something wonderful that happened to me. It didn't start out wonderful. I was very sick! My friends told me that I was so sick that I died. I don't remember. But my friends were very sad.

Our friend Peter just happened to be in a nearby town. Someone went for him, and he came quickly. My friends were crying. They showed him the clothes I had made for them. They told Peter about the times I had helped them. That was very nice of them, wasn't it? I think I would have been embarrassed if I had heard them!

I am told that Peter prayed for me. I just remember suddenly seeing Peter beside me. I was so surprised to see him that I sat up! He took me by the hand and helped me stand. We walked into the next room, where many people had gathered. Everyone looked shocked; then they shouted for joy! I still really didn't realize what had happened!

But word spread around my town of Joppa, and many people believed in Jesus.

I'm very happy that God worked through Peter to bring me back to life. I still have a lot of work to do! Many people still need my help. It makes me so happy to bring joy and happiness to others. God has given me more time to serve Him, and with His help I will.

Debriefing

Allow responses as you ask: **What did Tabitha/Dorcas do for others? Can you do that? How would you feel if you were sick or poor and someone was especially kind to you?** (happy, joyful, thankful)

Why were the people sad when Tabitha died? How would you feel if someone who had been especially kind to you died? (sad)

Would you like to bring happiness to others too? How can you do that? Do you remember our message? Let's say it together:



Being kind to others makes us happy too.

Bible Study

You Need:

Bible

Open your Bible to Acts 9:36–43. Point to the text and say: **This is where today's**

story is found in the Bible. Read the verses aloud, paraphrasing as necessary.

Debriefing

Allow response time as you ask: **What were the two names of the woman in the story?** (Tabitha and Dorcas) **What did she like to do?** (help the poor and sick, make clothes for others) **What happened to her?** (She got sick and died.)

Who used Peter to heal her? (God) **What did Peter do?** (He prayed.) **What happened after Tabitha/Dorcas came back to life?** (Many people believed in Jesus.) **How can you make others happy? Remember . . .**



Being kind to others makes us happy too.

Memory Verse

Turn to Proverbs 14:21 and say: **This is where we find our memory verse in God's Word, the Bible.** Read the verse aloud. **"Being kind to the needy brings happiness."** Then proceed to teach the memory verse as outlined below.

You Need:

Bible

Being kind

One hand gently strokes the other.



to the needy

Hand outstretched as if begging.



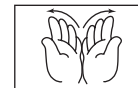
brings happiness.

Smile wide.



Proverbs 14:21

Palms together, then open.



3

Applying the Lesson

A. Bringing Happiness

Ask the children to put a thumbs-up (for good) or a thumbs-down (for bad) if they think the person in each of the following scenarios is bringing happiness to others. Substitute the names to fit your culture

1. **Alexandra notices that one of her classmates has not been in school for three days and wonders why. Alexandra decides to call her classmate that evening.**
2. **Rajesh is on his way to the store with some money in his pocket to buy candy. He sees a man in ragged clothes. Rajesh decides to give him his candy money.**
3. **William would rather play with his toys than go with his mom to take some food to a sick neighbor.**
4. **Latisha has outgrown her coat. She takes a trip with her mom to a homeless shelter to donate it to a child who doesn't have one.**
5. **Meredith has lots of toys. She doesn't even play with most of them. When her daddy asks if she wants to put some of them in a box to be sent to poor children in another country, she says no.**
6. **Derek's Grandma is lonely. She doesn't live near Derek's family. Derek makes a card to send to her.**

Debriefing

Allow responses as you ask: **Have you ever done something for someone that made them really happy?**

What happened?

Say: **In our Bible story today Dorcas helped people in her town whenever she could. She cared for the sick, sewed clothes for the poor, and took food to the widows. She made a lot of people very happy. How can you make others happy? Today's message is:**



Being kind to others makes us happy too.

Say that with me.

B. Community Services Project**You Need:**

- guest speaker (optional)
- letter to parents

In advance, decide with the pastor or community services director on a simple service project, such as a canned food collection. Ask them to come and explain

what it is and how your class can help. Write a letter to the parents to explain the project and how they can help their child contribute.

Say: **In our church we have a community services program. This helps people who need food or clothing. Many years ago it was called the Dorcas Society, named after Dorcas in the Bible. (Person's name) is here to talk to us about what they do.**

(If Community Services is not active in your church, plan to support an ADRA project. Look at ADRA's Web page for information: www.adra.org.)

Debriefing

Say: **Thank you for coming and sharing with us about the Community**

Services program of our church.

Allow responses as you ask: **Do you want to help people in our community with this project? Let's talk about how we can help.** Ask the guest speaker relevant questions. Tell the children specifically how they can help (bring canned

food, donate good used clothing, bring a special offering, etc.). Say: **Let's say our message together again:**



Being kind to others
makes us happy too.

4

Sharing the Lesson**Filled With Happiness****You Need:**

- clear plastic cups
- markers or crayons
- paper
- white/chalkboard
- markers/chalk

Say: **I am going to draw a face on my cup.** Draw eyes, nose, mouth, ears, hair, etc. **Do you think this looks like me? Let's pretend that it is me.**

But you can see right through me! I look empty! What do you think I want to be filled with?

(happiness) **That's right, I want to be filled with happiness.**

Ask: **What will give me real happiness like the happiness that Dorcas felt?** (helping others, sharing, etc.) **How can you have real happiness too? What does our memory verse say? How can you show kindness?** (Write their responses so all may see.)

Have children draw a picture on their own cups to look like them. Then let them fill their cups with "happiness" by

drawing a picture that shows them being kind to someone, folding the picture, and putting it in their cup.

Debriefing

Allow responses as you say: **What does your cup remind you of? What is it filled with?**

Say: **Just as Dorcas shared her happiness about Jesus with others and brought them happiness by being kind, so can you. After church today, share some kindness with someone. Show them your cup. Tell them about Dorcas and how happy it makes you to give happiness to others.**

And this week, look for ways to bring happiness to others by being kind. Let's say our message again:



Being kind to others
makes us happy too.

Closing

Remind the children of the community service project. In a short prayer, thank Jesus for bringing happiness to them, and ask Jesus to help them give happiness to others by showing kindness.

STUDENT LESSON

Helping Hands

References

Acts 9:36–43;
The Acts of the Apostles, pp. 131, 132

Memory Verse

“Being kind to the needy brings happiness” (Proverbs 14:21, ICB).

The Message

Being kind to others makes us happy too.

Have you ever done something really nice for someone? How did you make them feel? How did you feel? Dorcas did many kind deeds for others, and God cared for her in an amazing way.

Hello, young friend. My name is Tabitha. That’s my Aramaic name. But some people call me Dorcas, my Greek name.

Since I learned about Jesus and became a Christian, I really want to help people like He did.

When someone is sick, I go to see them. I usually take some food and maybe a warm blanket. If their house needs cleaning, I will do that too. I always pray with them and sometimes sing them a happy song about Jesus.

Poor people need my help too. The widows especially. They are the ones without husbands to help them. I love sewing new clothes for them.

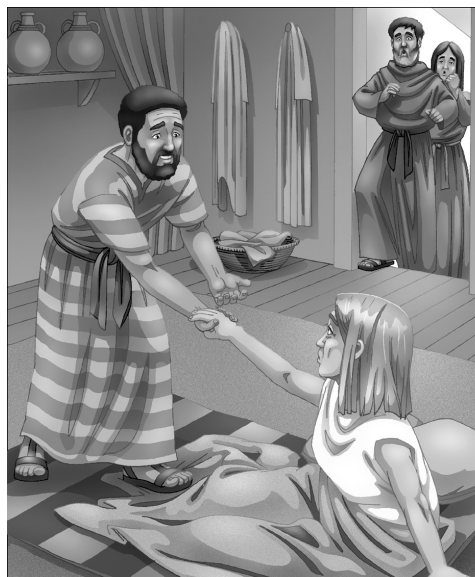
I especially love children. The ones who are sick or don’t have parents are the ones I take more time with. I give them a hug and listen to them talk about their troubles. Sometimes I teach them a song or tell them a story about Jesus.

Now I know why Jesus was so busy helping people. When you really look, you will always find someone who needs help. I like bringing happiness to others. By doing so, I get a lot of happiness too.

Some time ago something wonderful happened to me. But it didn’t start out

wonderful. I was very sick! I was told that I was so sick that I died. My friends were very sad.

Our friend Peter just happened to be in a nearby town. Someone sent for him, and he came quickly. My friends were



crying. They showed him the clothes I had made for them. They told him how I had helped them. That was very nice, but I think I would have been embarrassed if I had heard them!

I am told that Peter prayed for me. I don’t remember. I just remember suddenly seeing Peter standing beside me. I was so surprised that I sat up! He took me by the hand and led me into the next

room, where many people were crying. Everyone looked up in shock. Then they shouted for joy! I really didn’t realize what had happened! But God had used Peter to perform a miracle that brought me back to life. Word about the miracle spread quickly, and many people believed in Jesus because of it.

I’m so happy that God used Peter to bring me back to life. I still have a lot of work to do! I want to continue to bring joy and happiness to others. I’m thankful that God has given me more time to serve Him.

Do and Say

Sabbath

Each day this week, read the lesson story and re-view the memory verse:

Being kind One hand gently strokes the other.

to the needy Hands outstretched as if begging.

brings happiness. . . . Smile wide.

Proverbs 14:21 Palms together, then open.

Sunday

Encourage your child to share the “Filled With Happiness” cup they made in Sabbath School with someone and tell them about Dorcas. (Or have them draw a picture of their face on a clear plastic cup and put a picture of a kind deed inside.) Because they are filled with happiness, they can share happiness with others.



Monday

Read together Acts 9:36–43. Ask: Why did Dorcas do nice things for others? Who brought her back to life?

If your child brought home a letter about a community service project, start planning your participation.

Tuesday

With your child, plan and do something today to bring happiness to others.

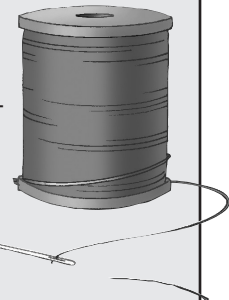
Jump up and down once for every time your child can think of a way to make someone in your home happy today. Then do it together.

Sing a happy song before prayer.

Wednesday

Help your child locate familiar objects and tell how they can be used to help others (hammer, bandage, blanket, thread, etc.).

Sing songs about helping before you pray together.



Thursday

Pretend you are sick, and have your child care for you with a bandage, blanket, etc. Then reverse roles.

Sing a caring song; then ask God to help you find ways to care for others.

Friday

Act out the story with your family. Who will be Dorcas? Who will be Peter?

Before prayer sing songs about caring for others.

Collect things for your child’s Sabbath School’s community service project to take to church tomorrow.