

Raising Compassionate Kids!

*7 Lessons to Teach Your
Child About Serving the
Poor*



*Tangible ways to teach children
about having a giving heart and
compassion for those in need*



**FOOD FOR
THE HUNGRY**

If you pour yourself out for the hungry and satisfy the desire of the afflicted, then shall your light rise in the darkness and your gloom be as the noonday.

— Isaiah 58:10 (ESV)

7 Lessons to Teach your Child About Serving the Poor

You have a compassionate heart and a generous spirit ... and you want to help your children or grandchildren develop these important attributes, too.

But most children aren't naturally selfless and caring ... they tend to be more focused on their own wants and needs.

Thankfully the Bible has wonderful lessons that can help you introduce the virtues of compassion and generosity to young people.

Through 7 insightful lessons, you'll find creative ways to engage the children in your life with the biblical viewpoint on impoverished people and responding to poverty — and help them develop compassion and empathy for those in need.

The activities are even more fun with the whole family involved, so why not make this a learning experience for everyone?

Don't wait another minute to help your family get focused on what it means to share God's heart for the poor. Start Lesson One today.

- LESSON 1 -

What is Poverty?

It can be difficult for a child who has enough to eat, clothes to wear, and a home in which to live to imagine what life would be like without these things. Today's lesson helps give children context for what it means to be poor.

Lesson 1 Story Line:

- Poverty means not having enough — not enough food, not enough money, not enough water to drink...
- Children who live in poverty often get sick, because their bodies are weakened by not getting enough to eat.
- Some children who live in poverty don't have clean water to drink — so they drink water that is dirty and it makes them sick.
- Others are unable to go to school — so they will not be able to get a good job when they grow up.
- This means they will remain in poverty.
- They will be poor, and so will their children.
- They will never have enough to eat or drink — no new clothes to wear, no books, no toys, no TV.
- About 1.4 billion people live like this, all over the world.

Note: You will need internet access for the video portion of this lesson

Lesson 1 Scripture:

Blessed is the one who considers the poor! In the day of trouble the Lord delivers him.

— Psalm 41:1 (ESV)



Lesson 1 Activity:

“What would you do?” Game



Help your children consider what it would be like to be poor — have them answer these series of questions that focus their imagination on what it means not to have enough.

1. What would you do without TV?
2. What would you do without TV and the internet?
3. What would you do without TV, the internet, toys and games?
4. What would you do without TV, the internet, toys, games and a jacket?
5. What would you do without TV, the internet, toys, games, a jacket and shoes?
6. What would you do without TV, the internet, toys, games, a jacket, shoes and juice?
7. What would you do without TV, the internet, toys, games, a jacket, shoes, juice and milk?
8. What would you do without TV, the internet, toys, games, a jacket, shoes, juice, milk and water?
9. What would you do without TV, the internet, toys, games, a jacket, shoes, juice, milk, water and food?

Now go online to <https://www.fh.org/videos/> and watch some of our videos about children and families living in poverty — it will help your children see how others live and what poverty looks like.

.....

Lesson 1 Prayer: God, thank you for loving us and for providing for our family. Help me to have eyes and compassion to see those in need around me. Amen.

- LESSON 2 -

What Causes Poverty?

Once children understand a bit of what it means to be poor, they may wonder: why does God allow poverty? If God is good, why are people hungry and sick? This lesson will help you show them that it is chiefly a failure in humans, not God, that allows poverty to flourish.

Lesson 2 Story Line:

- The Bible teaches that when God created the heavens and the earth, He made a beautiful Garden for people to live in and care for.
- This garden would meet all of their needs for food, water and more.
- But the very first people in the story, Adam and Eve, decided not to obey God's rules for life in the garden.
- They wanted something more than what He gave them!
- Because of disobedience, they were forced to leave the garden.
- Their story is a good example of why there is poverty today: many people still disobey God's rules.
- They do not take care of themselves, our planet or their neighbors as God commands.
- When we neglect to help each other — or try to grasp more than what God has given us as Adam and Eve did — the result is poverty for some people.

Lesson 2 Scripture:

The poor are shunned even by their neighbors, but the rich have many friends.

— Proverbs 14:20 (ESV)

Lesson 2 Activity:

“Would You Rather” Game



Today, we're going to play a game called Would You Rather?

Would You Rather presents two statements and you have to select one option. For example ...

Would you rather ...

1. Eat your favorite food for every dinner for a year?
– or –
2. Not be able to eat your favorite food for three years?

Ask each person in your family a new Would You Rather question.

Would you rather ...

1. Walk five miles for water each morning?
– or –
2. Walk 10 miles to school each morning?

Would you rather ...

1. Eat worms for lunch tomorrow?
– or –
2. Eat bugs for lunch tomorrow?

Would you rather ...

1. Have to take care of your four siblings when you turn 10?
– or –
2. Go to work at age 12 to provide for your family?

Would you rather ...

1. Eat roasted guinea pigs?
– or –
2. Eat stewed rabbits?

Would you rather ...

1. Drink only water for the rest of your life?
– or –
2. Drink only Coca Cola for the rest of your life?

Would you rather ...

1. Wash your clothes only once a month?
– or –
2. Take a bath only once a month?

Would you rather ...

1. Wear the same outfit every day for six months?
– or –
2. Play with the same toy for three years?

Would you rather ...

1. Shave your hair off your head?
- or –
2. Never be able to cut your hair?

Would you rather ...

1. Repeat the same grade at school because you don't have new textbooks?
- or –
2. Not be able to go to school past sixth grade?

Would you rather ...

1. Live with your family in a very small house?
- or –
2. Be apart from your family living in a very large, expensive mansion?

Would you rather ...

1. Eat the same vegetable every day for a year?
- or –
2. Be sick every other week because you never eat vegetables?

Many times, poor children have to make similar choices. They don't have the same range of choices to make as we do. Many of the scenarios in our Would You Rather game are real-life decisions made here and around the world.

.....

Lesson 2 Prayer: God, thank you for an opportunity to have choices in our life and for helping us understand the causes of poverty. We pray the decisions we make reflect you. Amen.

- LESSON 3 -

You Can Make a Difference

Children may find it hard to grasp the idea of 1.4 billion people in poverty, and they may need direction to see how failure to “love your neighbor as yourself” can lead to poverty. In this lesson, you will show them:

1. Although they may not be able to help 1.4 billion people, they can help some.
2. And when everyone practices caring for others as they care for themselves, poverty can be eradicated.

Lesson 3 Story Line:

Note: You will need the apple and a knife for this illustration.

- Have you ever seen a mustard seed? They are so small, if I only held one in my hand, you likely wouldn't see it.
- Yet this little seed – one of the smallest seeds – grows into a big mustard tree, spreading mustard seeds around it, providing shelter and spaces for birds to make a nest.
- In this parable, Jesus is telling people that even something small can make a big difference.
- (Cut apple open) Do you see the five seeds inside this apple? If you plant these seeds, they will grow into five apple trees.
- How many apples do you think those apple trees will produce? Hundreds? Thousands? One little apple can produce trees that will grow thousands of other apples!

Materials Needed for This Week's Lesson:

- Apple & knife to slice
- Empty Plastic Bottle
- Scissors
- Colored paper
- Pencil
- Craft Glue
- Tape
- 4 wooden beads or bottle caps

Lesson 3 Scripture:

He put another parable before them, saying, “The kingdom of heaven is like a grain of mustard seed that a man took and sowed in his field. It is the smallest of all seeds, but when it has grown it is larger than all the garden plants and becomes a tree, so that the birds of the air come and make nests in its branches.”

— Matthew 13:31-32 (ESV)



- These seeds show us that doing something small can make a big impact in someone's life.
- There are many small things you can do to make a big difference for a poor person.
- You can save money to give to the food bank, a place where hungry children and families can get groceries.
- You can give away some of your old clothes or toys that you don't use anymore. A child with no clothes or toys would love to have your old things.
- You can go online at <https://www.fh.org/#!> and learn about our child sponsorship program. A family like yours can give just \$37 a month and provide a hungry child with healthy food, clean drinking water and more — every month.
- Even small actions like this can make a big difference to a child or family in poverty.

Lesson 3 Activity:

Piggy Bank



Today, we'll create a piggy bank to save money to help those in need.



1. Use an empty plastic bottle.
2. Peel off the label and cut a wide slot (wide enough to insert coins) midway between the top and the bottom of the bottle.
3. Cut a strip of colored paper to wrap around the bottle and tape it.
4. Cut a slit through the paper to match the bottle.
5. Cut out ears and glue them on the paper.
6. Cut out eyes and glue them on the bottle.
7. Trace bottle cap on the paper and cut and glue the paper to end of bottle cap.
8. Glue wood beads or small bottle caps as legs under the bottle.
9. Now you can begin saving money to help those in need in your city and around the world.

.....

Lesson 3 Prayer: God, I am only one person, but I'm one person who wants to make an impact for your Kingdom. Please use me to help feed the hungry, provide drinks for the thirsty, and teach others about Jesus.

- LESSON 4 -

Be a Cheerful Giver

In Lesson 3, we learned we can make a difference, but it may still be difficult for a child to want to put the needs of someone else before his or her own desires. This lesson will help you nurture a heart for giving in the children in your life.

Lesson 4 Story Line:

- Suppose you were hungry, and I gave you these Skittles.
- Then, when you had eaten almost all of them, what if I asked you to share them with me?
- You would have to make a big decision.
- There are only a few left ... if you share that means less for you.
- If you don't share, I will be hungry.
- This is the kind of hard decision we have to make if we want to help the poor.
- Sometimes giving to the poor means, we don't get to keep as much for ourselves.
- When you have to make a hard decision like this, Jesus can help you.
- He knows what it means to give even when it isn't fun — he gave up his life so we could know God.
- When you choose to give to the poor, even when it means you will have to do without something you wanted, it's called a sacrifice.
- When you make a sacrifice, so that someone else will have enough to eat, or clean water to drink, or a chance to go to school, you are showing Jesus how thankful you are for the sacrifice He made for you.
- And you are helping someone in need have hope for the future!

Note: You will need a bag of skittles® for this week's lesson

Lesson 4 Scripture:

Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver.

— 2 Corinthians 9:7 (ESV)

Lesson 4 Activity:

The Skittles® Game



Today, we're going to play the Skittles® game! Here's how we play:

1. Each member of your family should grab a small handful of Skittles®.
2. The game leader will call out a color. Each person has to answer a question for the declared color:
 - **Red:** Why does God want us to give to help other people?
 - **Orange:** What is one thing you can give to someone in need?
 - **Yellow:** Who is someone we can help as a family?
 - **Green:** What is something you can give up to help someone in need?
 - **Purple:** How you can help someone in our family this week?
3. After the player answers the question, he/she eats the Skittles®.
4. If a player doesn't have that color, he/she is skipped that round.
5. Move to the next player to answer the same question.
6. When every player has answered, the leader calls out another color



.....

Lesson 4 Prayer: God, thank you for the chance to help others and grow our hearts for giving. We ask that you show us ways we can help those in need and demonstrate our giving heart each day. Amen.

- LESSON 5 -

God Can Supply Our Needs

Children learned about sacrifice in Lesson 4, but now they may be worried if they will have enough when they share with those in need. This lesson will assure them that when they follow God's plan, He will meet their needs — and allow them to help others, too.

Lesson 5 Story Line:

- In the Bible's story about the loaves and the fishes, we learn about how God can provide for us even when we have only a little.
- A group of five thousand people followed Jesus to listen to him speak.
- When it came time to eat, only five loaves of bread and two fish could be found for the meal — clearly not enough food for thousands of followers!
- But Jesus took the bread and fish, gave thanks to God for His bounty, and gave each person present as much food as they wanted for dinner.
- In the end, there was food left over!
- If you are worried that you won't have enough if you share with the poor, don't be afraid.
- God can meet your needs.

Note: You will need any plant or vegetable seeds or bulbs, potting soil and pots.

Lesson 5 Scripture:

There is a boy here who has five barley loaves and two fish, but what are they for so many?
— John 6:9 (ESV)

- The key, though, is trusting in God's help and His will for us — and then doing what we can to answer to His call.
- God provides for us, but we have to take it upon ourselves to live our lives in accordance with His plan.
- For today's activity, we're going to plant a small garden.
- Growing these plants will help us understand today's lesson.
- Would you imagine, looking at a handful of seeds, that enough corn, squash, and beans might grow out of it to feed an entire community?
- But with a little bit of work, some patience, and trust in God's help, we can turn that small handful of seeds into countless meals that feed us and our neighbors.

Lesson 5 Activity:

Planting the Seeds



Lesson 5 Activity: Planting seeds

1. Fill small pots with potting soil and place three seeds in each pot.
2. From these three seeds, plants will grow. God can use our small actions to grow great things!



.....

Lesson 5 Prayer: God, we know that when we step out, you can do great things with our step of faith. Please use us to work for your Kingdom and do great things for you. We love you, Lord! Amen.

- LESSON 6 -

Clean Water is Life

When children think about poverty now, they may think about other kids without shoes, shelter or food ... but they may not consider a lack of clean drinking water as one of the worst deprivations for impoverished people worldwide. Today, we'll focus on the spiritual and physical aspects of water.

Note: For this lesson, you'll need to go to the Food for the Hungry website, download and print the board game components as you find them here:

Board Game Instructions:
fh.org/BoardGameInstructions

Lesson 6 Story Line:

- Did you know that the human body is made up of about 60 percent water?
- This means most of your body is water!
- Clean water is one of the most important things for life to exist, and yet nearly one billion people around the world do not have access to clean and safe water.
- For these families, some simple parts of life that we take for granted instantly become much harder.
- Imagine if you couldn't drink a glass of water without worrying if it contained bacteria and viruses that could make you extremely sick.

Lesson 6 Scripture:

Whoever believes in me, as the Scripture has said, "Out of his heart will flow rivers of living water"

— John 7:38 ESV



- Imagine not having water to cook with, brush your teeth in, or bathe in.
- In addition to causing health problems, unclean water affects poverty and education, too.
- People who live in communities without clean water often have to spend hours per day traveling to get water from a clean source.
- Children are too busy fetching water to go to school and learn the fundamentals of reading, writing and mathematics that could allow them to escape the cycle of poverty.
- When we help provide clean drinking water for children in need, we are helping them to get healthy, grow strong, stay in school, and have hope for the future.

Lesson 6 Activity:

In the Community Board Game



We're playing a board game! The game is called In the Community and is fun for the whole family. You can print out the game and play with pieces from a different game, or use different coins as playing pieces.

.....

Lesson 6 Prayer: God, thank you for giving us clean water to drink and food to eat. We pray for communities around the world that don't have adequate clean water, and we pray we can reach them together. Amen.

Board Game Instructions:

fh.org/BoardGameInstructions



- LESSON 7 -

Prayer Changes Things

Everyone can pray. This lesson shows your children that in prayer they can ask God to bless the poor — but they can also ask for direction in how to help those in need, ask for strength to make a sacrifice to help others, and more.

Lesson 7 Story Line:

- We have learned a lot about helping people both within our communities and around the world.
- Now, we understand that poverty is the result of people who don't obey God's directions to care for each other and the planet.
- With that knowledge, we can look to God for ways to help repair what's not working.
- We know, too, that God wants us to be cheerful givers.
- When we give, we can help people make their communities healthy and strong, whether by teaching them about hygiene or creating systems to provide clean water.
- In the end, though, we must always remember that helping people is an opportunity given to us by God.

Lesson 7 Scripture:

Therefore I tell you,
whatever you ask in
prayer, believe that you
have received it, and it
will be yours.

— Mark 11:24 (ESV)



- He will provide for us as we keep compassion in our hearts and work toward building relationships in our church, community and world.
- There is one more thing that you can do to help those in need and to give a little bit more.
- You can pray.
- In praying, you open your heart to God to receive the compassion that He has for us, so that you can become a cheerful giver.
- You can pray to Jesus for the strength to make sacrifices large and small, so that you can happily contribute your own resources to the people who need them.
- And of course, you can simply pray for those in need, whether they are experiencing physical or spiritual poverty.
- You can pray for God to give them strength to handle the difficulties of their own lives with grace.
- You can ask God to help them accept and cherish the gifts that He gives.

Lesson 7 Activity:

Make a Difference



Take a moment to pray together, then decide on an activity that will help you, as a family, make a difference for someone in need.

- Have you saved enough in your piggy bank to make a donation to the nearest Food Bank to buy some food to give to the homeless people on the street, or fill a bag of groceries for a hungry family?
- Maybe you can find a volunteer activity where even children can contribute to the effort and spend a Saturday helping others.
- Perhaps there's an elderly couple, widow or widower on your street who struggles to keep up the yard and can't afford a lawn service — could you pull weeds and mow the lawn?
- And you're welcome to visit <http://www.fh.org/#!> and choose a child to begin sponsoring in our program too!

Whatever activity you decide on, pray for the person or people you will be helping. Prayer changes things!

.....

Lesson 7 Prayer: : God, thank you for the lessons about poverty, compassion and giving. We thank you for the gifts you have given our family, and we pray for families around the world. We thank you for opportunities to change lives and care for the hungry and poor. Please use our gifts and talents to help the hungry to eat and the thirsty to drink. Amen.



Raising Compassionate Kids!

*7 Lessons to Teach Your Child
About Serving the Poor*



FOOD FOR THE HUNGRY

www.fh.org | 1224 E. Washington Street, Phoenix, AZ 85034-1102 | 800-248-6437