

BE THE ONE



READ Ruth 1:16-17

Day 1

Find enough people to organize a three-legged race. If you can't, just ask a parent or sibling to help you, and tie one of each of your legs together with a scarf or other piece of clothing. Try moving around the room together. Once you get the hang of it, see how fast you can go without falling over.

It's not easy to stick together, is it? But with enough determination, you can work through just about anything and help each other through the tough spots. Life is usually a lot more fun with someone by your side, so be the one who sticks by others—especially when they need your help!

THANK God for others who have stuck by you when you needed help.

WHO STICKS BY

READ 1 John 3:17

Day 2

Sometimes the problems in the world seem so big that we aren't sure how we can help. But the truth is, there is always someONE we can help—someone who has less than we do or is less able to do something than we are. Imagine if a friend fell and scraped his knee and you had a Band-Aid® in your backpack, but didn't give it to him. No, you can't miraculously heal him like God could or give him stitches like a doctor, but you certainly can give him a Band-Aid and your attention. God has given all of us things we can use to help others.

Ask your mom for several Band-Aids and get her permission to stick them a few places around your room and house to remind you to "stick" by someone in need. You could even add words and designs to the Band-Aids before putting them up.

ASK God to help you see others' needs and respond with what He's given you.

SOMEONE IN NEED.

BE THE ONE

READ Galatians 6:2

Day 3

Find something heavy (but not too heavy!) to pick up and carry around your room. See how long you can carry it without dropping it or having to put it down. When you first picked it up, it's not too heavy, but the longer you carry it around, the harder it gets, right?

That's how it is when we don't help carry each other's loads in life. You might think you're strong enough to carry something all by yourself—like a big test or the news that your grandmother is really sick. But if you keep that load to yourself without letting others know so they can help, it can feel really heavy really fast. But what if you study with a friend who already took the same class or talk to your mom about how you're feeling about your grandmother? That could help lighten your load and give you a little relief.

LOOK for ways to help carry someone else's load today.

WHO STICKS BY

READ Philippians 2:4

Day 4

When horses race, often their trainers will put blinders on their eyes—a piece of leather or plastic on either side of the horse's eyes that keep the horse from looking at anything other than the race track ahead of them. While this is smart for racehorses, it's not wise for us to have blinders on our eyes that keep us from seeing the needs all around us. We don't want to get too busy or too concerned with our own problems.

Picture yourself taking off your blinders and taking a good look at those around you.

- Who do you know that is facing something really difficult in their life? _____
- What is their need? _____
- How can you help and stick by them? _____

Now that you've got a plan, go do it!

KNOW that it's not all about you, so you can look around for the needs of others.

SOMEONE IN NEED.