

# WEEK 4

## SMALL GROUP GUIDE

# HELP!

### THE BIG IDEA

God helps us help others.

### THE BIBLE

**God Provides Food and Water:** Exodus 15:22-25, 16:1-16, 17:1-7; (Philippians 2:1-4)

### QUESTIONS

- What were the Israelites complaining about?
- What did Moses do when he heard the complaints?
- How did God help Moses help the Israelites?
- Re-read Philippians 2:3-4. What does it mean to “not look at your own interests, but to the interests of others?”
- Can you think of a time when you might find it hard to help others?
- What can you do to help them anyway?
- What are some other ways you can help others at school? At church? Or in your neighborhood?

### ACTIVITY

*Instruct the kids to fold the cardstock paper in half, then stick a Band-Aid on the front of their card. Encourage them to create a character out of the Band-Aid using the googly eyes and permanent marker, then decorate the card.*

Who is someone who could use your help by getting an encouraging card? Maybe it's a Get Well Soon, Happy Birthday, or even a Just Because card that will make them smile this week!

### MEMORY VERSE OF THE MONTH: Psalm 121:2 (NIV)

**My help comes from the Lord, the Maker of heaven and earth.**

*Looking for sign language? Go to [growcurriculum.org/Psalm121-2](http://growcurriculum.org/Psalm121-2) and get memorizing!*