



## DO UNTO OTHERS

4 -WEEK STUDY ON SERVING

### UNIT OVERVIEW

We all (maybe) know the golden rule, do unto others as you would have them do unto you. But what does that really look like? In this series, we will reflect on how to do unto others in our world, in our communities, and in our life. Learning about Paul and his goal to be 'all things to all people' we will talk about what it means to love others who have different backgrounds, experiences, and cultures. Then we will walk together through the story of a group of friends bringing their friend to Jesus. We will talk about how helping others can change lives and practical ways that we can do that. Finally through the story of feeding the five thousand, we will talk about how bringing what we have to the table makes a difference. There is no offering too small because we never know what God is going to do with what we bring. Students this month will be challenged to share kindness with the world through a kindness bingo challenge!

**1** WEEK 1: Do Unto Others  
Main Point: Live Out Kindness  
Scriptures: Matthew 7:7-12

- [Disposable Cups](#) (1/student)
- Prizes for the Kindness Challenge
- [Dominoes](#) (2 packs/small group)
- Index Cards
- Do Unto Others Die Cut Stickers
- See the Week 1 Director Guide to note supplies like paper, crayons, scissors, etc.

**2** WEEK 2: In our World  
Main Point: Learning About Others Matters  
Scriptures: 1 Corinthians 9:20-23

- [Disposable Cups](#) (1/student)
- Candy from around the world
- [Ping Pong Balls](#) (2/small group)
- See the Week 2 Director Guide to note supplies like paper, crayons, scissors, etc.

**3** WEEK 3: In our Communities  
Main Point: Helping Others Can Change Lives  
Scriptures: Mark 2:1-12

- No supplies to buy
- See the Week 3 Director Guide to note supplies like paper, crayons, scissors, etc.

**4** WEEK 4: In our Lives  
Main Point: Bring What You Have  
Scriptures: John 6:1-14

- [Balloons](#) (1 color/small group)
- Friendship Bracelet Materials
- 1 bag of Candy/small group
- See the Week 4 Director Guide to note supplies like paper, crayons, scissors, etc.

# DIRECTOR GUIDE

## WEEK ONE : DO UNTO OTHERS



### Main Point: Live Out Kindness

**Worship Response :** Have students quietly reflect on a way they can show kindness to someone in their lives this week.

What does it mean to live out kindness in the world? This week we are introduced to our theme, Do Unto Others. Students will be challenged to talk about what it means to do unto others, about how to practice kindness in their lives, and why this matters in our journey of faith. Kindness can create a ripple effect in our world and communities, but similarly, hurtful things can too. **We have the choice to live out kindness.** Specifically we will talk about the word 'empathy' and how kindness and empathy compliment each other.

**Teaching Ideas :** Consider bringing up a student to talk about how they have given or received kindness from someone. Using dominos, talk about how kindness creates a ripple effect.

### LARGE GROUP GAMES

#### Screen Game

[Squad Stance](#) | DYM

[Only 1 : Fall Edition](#) | Grow Games

#### Active Games

[Ninja Races](#) | Grow Games

#### Head Shoulders Knees Cup

Have students find a partner and kneel across from each other. For each pair of students, they need one cup. The game leader shouts out head, shoulders, knees, in varying orders. When the game leader yells "CUP", students should reach for the cup. To extend the game, you can do multiple rounds, make a bracket, or have students switch partners.

### SOCIAL MEDIA

As students complete their bingo card, invite them to share their acts on kindness on social media. If they take pictures, collect them and make video posts each week.

### SCRIPTURE

Matthew 7:7-12

### SUPPLIES

- Disposable Cups (*1/student*)
- Prizes for the Kindness Challenge
- Download and print your [kindness checklist challenge!](#) (*1/student*)
- Print Kindness Bingo (*1/student*)
- Dominoes (*2 packs/small group*)
- Index Cards
- Markers/Crayons/Colored Pencils
- Kind or Not Signs
- Printed Mentor Guides
- Do Unto Others Die Cut Stickers

### CHALLENGE

Start checking off things on your [kindness checklist challenge!](#)

### RESOURCES

- [The Power of Kindness](#)
- Consider taking time this month to go through our Adult Study Guide centered on [Do Unto Others.](#)
- [Jesus Politics and Religion Resources](#)

# 30

# Acts of *kindness* in Thirty Days



## Let's spread kindness throughout our communities!

**We challenge you to complete at least one act of kindness each day for the next 30 days.** We've gotten you started with our list of small ways you can positively impact those around you. Feel free to be creative and come up with your own acts of kindness!

Kindness is a ripple effect – encourage others to join the challenge by sharing your acts on social media!

- List 30 people and pray for one each day.
- Take a walk in your neighborhood and pray for each house.
- Leave the largest tip you can afford for a kind server.
- Write a letter to someone who has made a difference in your life.
- Chalk a sidewalk with uplifting messages.
- Send encouraging text messages to 5 people.
- Write cards for a local hospital.
- Pay for the person behind you at a drive-thru.
- Donate seasonal clothes to a clothing pantry.
- Compliment the first 3 people you talk with today.
- Reconnect with someone you haven't spoken with in a while.
- Donate towels, blankets and toys to an animal shelter.
- Surprise a neighbor or friend with freshly baked treats.
- Give parents a night out by offering to babysit for free.
- Give a thank-you treat to your mail, delivery and sanitation employees.
- Donate new socks and underwear to a local shelter.
- Post an encouraging sticky note message on a mirror or door.
- Host a clean-up party at a nearby park.
- Donate books to your local library or a book drive.
- Send a 'Thank You' card to your local police or fire station.
- Leave your server an encouraging note on their receipt.
- Post a positive and encouraging message on social media.
- Help your neighbor with their yard work.
- Donate packages of diapers and wipes to a local agency supporting families.
- Pause to hold the door open for someone behind you.
- Surprise someone with flowers.
- Participate in a blood drive.
- Donate food to a local food pantry.
- Write a positive review online for a local business.
- Pray for government leaders and send a note thanking them for their public service



# Acts of *kindness* Bingo

Over the next month we are challenging you to fill up this bingo card! Kindness is a ripple effect. Encourage others to participate in kindness bingo by sharing your acts of kindness, or updated bingo card on your social media.

Make a list of 30 people and pray for one each day.	Take a walk and pray for each of the houses on your street.	Leave the largest tip you can afford to a kind server.	Write a letter to someone who has made a difference in your life.	Chalk a sidewalk with uplifting messages.
Send encouraging text messages to 5 people.	Write cards for a local hospital.	Help a classmate with their homework.	Donate gently-used clothing to a clothing pantry.	Compliment the first three people you talk to today.
Donate towels, blankets, and toys to an animal shelter.	Surprise a neighbor or friend with freshly baked treats.		Give parents a night out by offering to babysit for free.	Give a thank you treat to your mail, delivery, and sanitary team.
Put an encouraging sticky note on a door or mirror.	Donate books to your local library or book drive.	Send a thank you card to your local police and fire stations.	Help your neighbor with yard work.	Offer to do an extra chore around your house.
Surprise someone with flowers.	Write an encouraging note to your teacher or school administration.	Pause to hold the door open for someone behind you.	Sit with someone new at lunch.	Pray for the person behind you in a drive-thru line.

# MENTOR GUIDE

## WEEK ONE : DO UNTO OTHERS



**Main Point:** Live Out Kindness

**Scripture:** Matthew 7:7-12

What does it mean to live out kindness in the world? This week we are introduced to our theme, Do Unto Others. Students will be challenged to talk about what it means to do unto others, about how to practice kindness in their lives, and why this matters in our journey of faith. Kindness can create a ripple effect in our world and communities, but similarly, hurtful things can too. **We have the choice to live out kindness.** Specifically we will talk about the word 'empathy' and how kindness and empathy compliment each other.

### ACTIVITY OPTIONS

**(Active) 10 minutes**

#### Kind or Not | Middle School

Place two signs on opposite walls in the room. One sign should say 'Kind' and one should say 'Not Kind'. Going through the scenarios on the following game page, have students identify together what things are kind, and what are NOT kind.

#### Domino Races | High School

Split the small group into two groups. Over five minutes have the groups make domino tracks. Once the tracks are complete, knock them down!

**(Crafty) 5 minutes**

Give students an index card and have them write an encouraging note, or draw a picture, for someone in their life who could use an act of kindness.

### CHALLENGE

*Be sure to share the challenge with your students and follow up next week!*  
Start checking off things on your [kindness checklist challenge!](#)

### OPENING QUESTIONS

*Leaders: Choose which ones will work best for your group!*

- If you could do something kind for anyone in the world, who would it be, AND what would you do?
- If you could be an animal, what animal would you be, and why?

### QUESTIONS

#### MIDDLE SCHOOL

- How do you feel when someone treats you the way you want to be treated?
- Why is it sometimes difficult to treat others the way you want to be treated? What things might get in the way?
- What is empathy? How can understanding someone else's feelings impact how we treat them?
- Why do you think God challenges us to live out the Golden Rule?

#### HIGH SCHOOL

*Use some of the middle school questions as well.*

- How do empathy and kindness relate, and how do they connect to our faith? Why do they matter?
- If everyone practiced empathy, and kindness, how would your school culture change?

# MENTOR NOTES

## WEEK ONE : DO UNTO OTHERS



**Main Point:** Live Out Kindness

**Scripture:** Matthew 7:7-12

7 "Ask, and you will receive. Search, and you will find. Knock, and the door will be opened to you. 8 For everyone who asks, receives. Whoever seeks, finds. And to everyone who knocks, the door is opened. 9 Who among you will give your children a stone when they ask for bread? 10 Or give them a snake when they ask for fish? 11 If you who are evil know how to give good gifts to your children, how much more will your heavenly Father give good things to those who ask him. 12 Therefore, you should treat people in the same way that you want people to treat you; this is the Law and the Prophets.

### ACTIVITY OPTIONS

**(Active) 10 minutes**

#### Kind or Not | Middle School

This might be difficult for some of our students. The culture of sarcasm and joking with each other is a pretty important part of student culture. Challenging them to really think about what kindness looks like is important! But remember, they might test us and do the wrong answers on purpose. Patience!

#### Domino Races | High School

This is a great representation of the ripple effect that kindness can have. Interestingly, hurtful things can have the same impact.

**(Crafty) 5 minutes**

Challenging students to practice an act of kindness together is a great way to jump start their kindness challenge!

### WHERE STUDENTS MAY STRUGGLE

*We all know rationally that kindness is important, but in practice, it can be hard. How do we choose our words wisely, when not everyone does? How do we fit in, but also stand out by choosing kindness? Challenge them to remember how it feels to be treated with kindness and empathy. Think about how their schools might be different. It sometimes feels like not everyone deserves kindness, and that's a real feeling. Validate that! But remind them that because of the gift of God's grace, we extend that grace to others through kindness. Consider sharing a personal story about how an act of kindness changed you.*

### MENTOR RESOURCES

*These are great resources developed around the Do Unto Others Campaign through Resurrection. These will help give you context as we teach this month!*

- [The Power of Kindness](#)
- Consider taking time this month to go through our Adult Study Guide centered on [Do Unto Others.](#)
- [Jesus Politics and Religion Resources](#)

# KIND OR NOT | KINDNESS SCENARIOS

Place two signs on opposite walls in the room. One sign should say 'Kind' and one should say 'Not Kind'. Going through the scenarios, have students identify together what things are kind, and what are NOT kind. Some of these are trick questions! Use the opportunity to create discussion around the scenario! Add in your own scenarios that are relevant to your group of students.

Sitting with someone new at lunch **KIND**

Talking about someone behind their back **NOT KIND**

Listening to others talk about someone behind their back **NOT KIND**

*This one could be difficult for students, but even if they're listening and not participating it isn't kind to listen to gossip, even if you aren't participating.,*

Telling someone something negative that someone else said about them **NOT KIND**

*This is another tricky one. We always want to be truthful, but is bringing up something they said helpful, or does it create drama? Challenge students to think about standing up for their friends, instead of spreading hurtful or harmful words.*

Helping someone with their homework **KIND**

Leaving someone out of the group text, on purpose **UNKIND**

Congratulating another team on a good game, if your team lost **KIND**

Sitting quietly in your class **KIND**

Helping your parents with chores the first time you're asked **KIND**

Offering to help a neighbor **KIND**

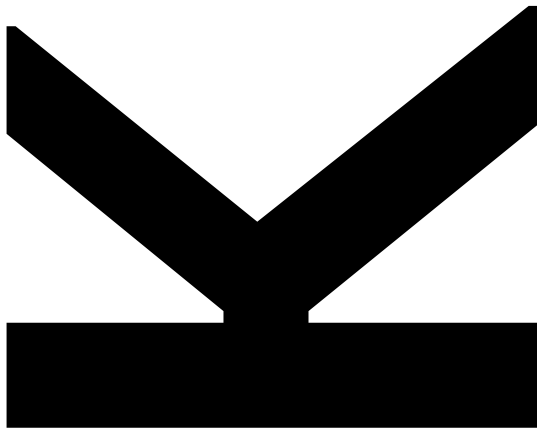
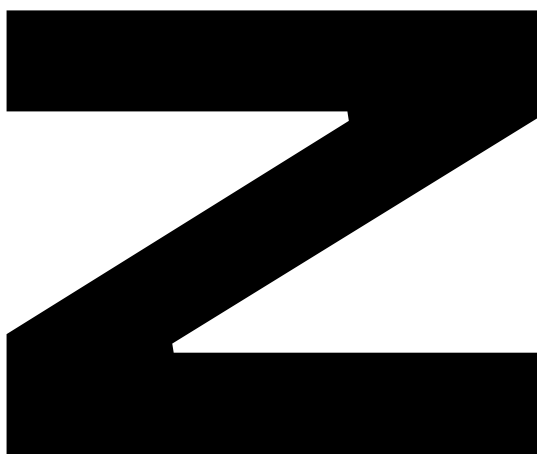
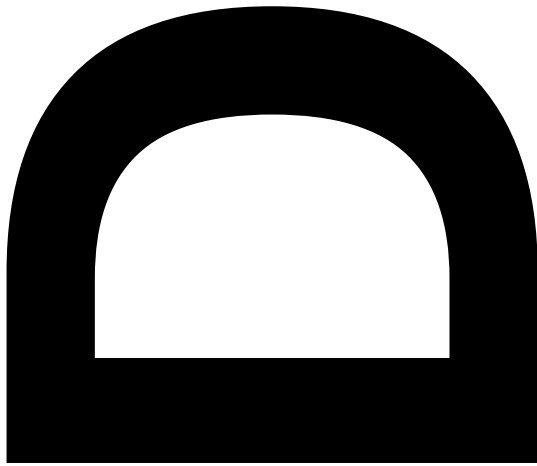
Saying no that you aren't able to help because you're already busy **KIND**

*Another trick question here. Sometimes we have to say no, and no isn't a bad word. We can still exhibit kindness while being honest about our boundaries and limitations.*

Saying something hurtful about someone when you're just joking **KIND/UNKIND**

*Another tricky one here. Sarcasm and joking can be fun, but what if the other person doesn't know you are joking and takes it seriously? Our words have impact and we have to be careful how we use them!*

Saying something hurtful about someone when you're not joking **UNKIND**





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# DIRECTOR GUIDE

## WEEK TWO | IN OUR WORLD



**Main Point:** Learning about others, matters.

**Worship Response :** Have students write down the name of someone they would like to learn more about

“I have become all things to all people, so I could save some by all possible means.” This is what we read from the Apostle Paul. What does it mean to be all things to all people? This week, we will talk about what it means to love others who have different backgrounds, experiences, and cultures. Jesus taught us what it means, and what it looks like to meet people where they are. We will explore how to do that well, even when peoples beliefs, cultures, or experiences might be different than our own because **learning about others, matters.**

**Teaching Ideas :** Invite a student to share about an international serve experience and how they bridged the cultural gap. Talk about a time when you had the opportunity to meet someone where they were, and how it impacted you.

### LARGE GROUP GAMES

#### Screen Game

[Is It Bigger, World Edition](#) | DYM

[Where in the World](#) | Grow Games

#### Up Front Game

##### World Candy Taste Test

Go to your local international store and grab some interesting Candies or Foods and have a taste test, or have students guess where that food is from.

#### Active Game

##### Soccer

Being the most played international game, a round of football (soccer) is awesome! Some soccer variations for small groups could be crab soccer (walking like a crab), gaga soccer (where you hit the ball with your hands), or three-legged soccer (where students have a leg connected to another leg, and have to play soccer together).

### THEME DAY

If students have a favorite country, or international sports team, invite them to represent that country/team. If you have international students, invite them to share about their culture with the group.

### SCRIPTURE

2 Corinthians 9:20-23

### SUPPLIES

- Candy from around the world
- Soccer Ball
- Blank Paper
- Ping Pong Balls (2/small group)
- Cups (1/person or 18/small group)
- Printed Game Rules for High School Game (1/group)
- Printed [conversation cards](#) for students to take home (1/student)
- Print the [dignity index](#) (1/student)
- Markers/Crayons/Colored Pencils
- Printed Mentor Guides

### CHALLENGE

Take home the [conversation cards](#), and use them to have a conversation with someone you trust.

### RESOURCES

- Create an Upper Room account and read [this short devotional](#),

# MENTOR GUIDE

## WEEK TWO: IN OUR WORLD



**Main Point:** Learning about others, matters.

**Scripture:** 2 Corinthians 9:20-23

“I have become all things to all people, so I could save some by all possible means.” This is what we read from the Apostle Paul. What does it mean to be all things to all people? This week, we will talk about what it means to love others who have different backgrounds, experiences, and cultures. Jesus taught us what it means, and what it looks like to meet people where they are. We will explore how to do that well, even when peoples beliefs, cultures, or experiences might be different than our own because **learning about others, matters.**

### ACTIVITY OPTIONS

**(Active) 10 minutes**

#### Paper Airplane Facts | Middles

Give each student a sheet (or two) of paper. Invite them to write a fact about themselves on the paper and then have them fold it into an airplane. Once everyone finishes, have students line up and throw their airplanes. Everyone should pick up someone else’s airplane, read the fact, and try to guess who the fact belongs to.

#### Ultimate Ping Pong | High School

See attached game page for rules.

**(Crafty) 5 minutes**

See attached coloring sheets.

### CHALLENGE

*Be sure to share the challenge with your students and follow up next week!*

Take home the conversation cards, and use them to have a conversation with someone you trust.

### OPENING QUESTIONS

*Leaders: Choose which ones will work best for your group!*

- If you could travel anywhere for the world for one week, all expenses paid, where would you go, and why?
- Mountains or Beach. City or Country. Camping or Hotels.

### QUESTIONS

#### MIDDLE SCHOOL

- Has anyone ever been to another country? If so, what was hard about it? What was interesting or cool about it?
- What do you think it means to ‘meet someone where they are’? How can we do that when people all around the world have such different experiences?
- How does being ‘all things to all people’ relate to the Golden Rule (do unto others)?
- Do you think being all things to all people, means we shouldn’t be ourselves? If not, what does it mean?

#### HIGH SCHOOL

*Use some of the middle school questions as well.*

- How do we balance being true to our faith while also being adaptable to different cultural contexts? What are some potential challenges?
- How does this passage challenge us to think about unity within the church despite our diverse backgrounds and approaches?

# MENTOR NOTES

## WEEK TWO | IN OUR WORLD



**Main Point:** Learning about others, matters.

**Scripture:** 2 Corinthians 9:20-23

I act like a Jew to the Jews, so I can recruit Jews. I act like I'm under the Law to those under the Law, so I can recruit those who are under the Law (though I myself am not under the Law). 21 I act like I'm outside the Law to those who are outside the Law, so I can recruit those outside the Law (though I'm not outside the law of God but rather under the law of Christ). 22 I act weak to the weak, so I can recruit the weak. I have become all things to all people, so I could save some by all possible means. 23 All the things I do are for the sake of the gospel, so I can be a partner with it.

### ACTIVITY OPTIONS

**(Active) 10 minutes**

#### Paper Airplane Facts | Middles

The goal of this activity is to help students get to know each other better. They will get a little wild while throwing their airplanes, but after they pick theirs up, have them sit to read what they learned about their friend.

#### Ultimate Ping Pong | High School

This is just pure fun.

**(Crafty) 5 minutes**

Remember, not all students have to participate in this activity, but it is a great way for students to keep their hands busy while the discussion is happening.

### WHERE STUDENTS MAY STRUGGLE

*Being all things to all people is counter-cultural to what students are being taught about being themselves. We value their authenticity and want them to be uniquely who God created them to be. When we talk about being all things to all people, what it really means is being open to conversations with all people, no matter their background. Learning about who they are as a person, their motivations, their hopes, their cultural experiences. God created each person differently and uniquely, and when we can approach everyone with curiosity, grace, and kindness, the world becomes a better place.*

### MENTOR RESOURCES

- Create an Upper Room account and read [this short devotional](#).

# ULTIMATE PING PONG GAME RULES

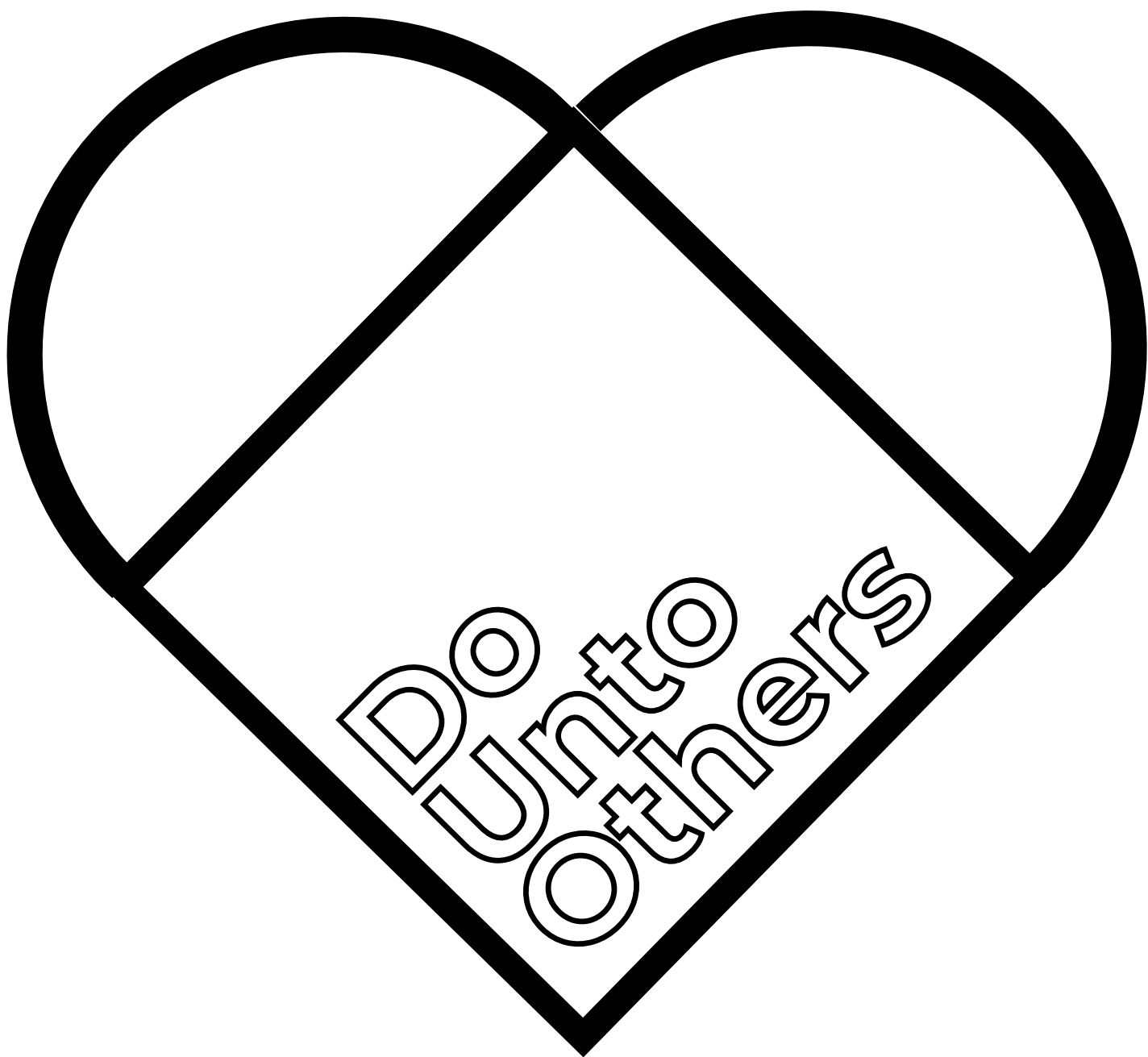
*\*inspired by this [Grow Games game](#).*

## WHAT TO PREP

- Place a chair on either side of your room, and use tape to mark a box on around each chair.
- Split your group into two teams
- Give each student a cup.
- Decide which team will have first possession. One person from each team will need to stand on their team's chair.

## HOW TO PLAY

- Start the ball on one end of the playing area in a player's cup.
- Defending players have to stand three feet away from whoever has the ball.
- To pass the ball the player with the ball will toss it using only the cup to throw it. The ball must be caught without touching the ground. If the ball is intercepted or touches the ground, the defending team will take over possession of the ball.
- To score you must get the ball close enough to your player standing on the chair. Then pass the ball to the the player on the chair without passing the boundary lines. If they catch the ball, it counts as a point. If not, the ball changes possession and play continues.
- The team that scores the most points in a set amount of time wins.



# DIRECTOR GUIDE

## WEEK THREE | IN OUR COMMUNITY



**Main Point:** Helping others can change lives

**Worship Response :** Have a student share about a serve trip experience that impacted them.

In scripture we read a story where a group of friends carried their friend to Jesus to be healed. They didn't bring an extravagant gift for their friend. They did what they were able to do, and brought him to the resources he needed to make his life better and experience healing. Just like the friends in the story, when we help others, we get to be a part of God's story in a really meaningful way. This week we will talk about ways that we can help our communities. That might mean providing organizations with resources, or helping connect people in our community to support them. We will remind students that **helping others, can change lives.**

**Teaching Ideas :** Invite a student to share about a project they have initiated to help serve their community, and why they did it. Talk about a student you know/have heard of who has been able to support their community well.

### LARGE GROUP GAMES

#### Screen Game

[Yoga Bear](#) | **Grow Games**

[Sit Down Fall Edition](#) | **DYM**

[Mascot or MascNOT](#) | **DYM**

#### Up Front Game

[Flip Tac Toe](#) | **Grow Games**

#### Active Game

[Giants, Wizards, and Elves](#) | **Grow Games**

Very similar to Rock, Paper, Scissors, this game adds a fun element of different movements for each thing! Have your students in groups for this game. It's group versus group! Click the link for more instructions.

### THEME DAY

Wear something to support your local community whether it's a school shirt, local team shirt, or favorite local band!

### ADDITIONAL IDEAS

Consider ways that students can impact their local community. Provide a resource on serve opportunities, connection with voter registration, or even plan a day to serve together!

### SCRIPTURE

Mark 2:1-12

### SUPPLIES

- Blank Paper (white or colorful!)
- Scissors
- Glue/Tape
- Summer Serve Trip Information
- Local Serve Day Information
- Print the [dignity index](#) (1/student)
- Markers/Crayons/Colored Pencils
- Printed Mentor Guides

### CHALLENGE

Invite students to talk about serve trips with their parents.

### RESOURCES

- See Mentor Notes

# MENTOR GUIDE

## WEEK THREE: IN OUR COMMUNITY



**Main Point:** Helping others can change lives

**Scripture:** Mark 2:1-12

In scripture we read a story where a group of friends carried their friend to Jesus to be healed. They didn't bring an extravagant gift for their friend, they did what they were able to do, and brought him to the resources he needed to make his life better and experience healing. Just like the friends in the story, when we help others, we get to be a part of God's story in a really meaningful way. This week we will talk about ways that we can help our communities. That might mean providing organizations with resources, or helping connect people in our community to support them. We will remind students that **helping others, can change lives.**

### ACTIVITY OPTIONS

**(Active) 10 minutes**

**Help a Friend | Middle & High School**

Separate your group into 2-3 teams. And set up the same number of obstacle courses in the room using the tables and chairs. Blindfold one person from each team and have their teammates help them through the obstacle course using only their words. For the second round, allow students to help physically guide their friends through the obstacle course.

**(Crafty) 5 minutes**

Have students color the hand sheet. On the sheet they should write one way they hope to help their community. Using tape or glue, put all the handprints together to make a handprint flower to display.

### CHALLENGE

*Be sure to share the challenge with your students and follow up next week!*

Invite students to talk about serve trips with their parents.

### OPENING QUESTIONS

*Leaders: Choose which ones will work best for your group!*

- If you had enough money and resources to solve any community problem right now, what problem would you solve? Why?
- Share about a time you served someone else.

### QUESTIONS

#### MIDDLE SCHOOL & HIGH SCHOOL

- What can we learn from their determination and faith? How can this challenge us in how we support others in our community?
- What does this story tell us about the character of the friends, and the character of Jesus?
- How might our faith impact those around us, especially when they are in need?
- How does being helping others relate to the Golden Rule (do unto others)?
- Why can helping others be difficult sometimes?

#### HIGH SCHOOL

*Use some of the middle school questions as well.*

- What role did faith play in the friends bringing the individual to Jesus? Why is faith an important piece of this story?
- Can you think of a time when others carried you, either physically or spiritually? How can we "carry" one another in our faith today?
- What "mat" in your life is God calling you to pick up and walk forward with in faith?



# MENTOR NOTES

## WEEK THREE | IN OUR WORLD



**Main Point:** Helping others can change lives

**Scripture:** Mark 2:1-12

After a few days, Jesus went back to Capernaum, and people heard that he was at home. 2 So many gathered that there was no longer space, not even near the door. Jesus was speaking the word to them. 3 Some people arrived, and four of them were bringing to him a man who was paralyzed. 4 They couldn't carry him through the crowd, so they tore off part of the roof above where Jesus was. When they had made an opening, they lowered the mat on which the paralyzed man was lying. 5 When Jesus saw their faith, he said to the paralytic, "Child, your sins are forgiven!"

6 Some legal experts were sitting there, muttering among themselves, 7 "Why does he speak this way? He's insulting God. Only the one God can forgive sins."

8 Jesus immediately recognized what they were discussing, and he said to them, "Why do you fill your minds with these questions? 9 Which is easier—to say to a paralyzed person, 'Your sins are forgiven,' or to say, 'Get up, take up your bed, and walk'? 10 But so you will know that the Human One[a] has authority on the earth to forgive sins"—he said to the man who was paralyzed, 11 "Get up, take your mat, and go home."

12 Jesus raised him up, and right away he picked up his mat and walked out in front of everybody. They were all amazed and praised God, saying, "We've never seen anything like this!"

### ACTIVITY OPTIONS

**(Active) 10 minutes**

#### Help a Friend | Middle & High School

For this game, we want students to see what the difference is between helping from far away, and helping up close. While helping from a distance (like giving money and resources) is important, there are times we will need to physically show up for people in our communities.

**(Crafty) 5 minutes**

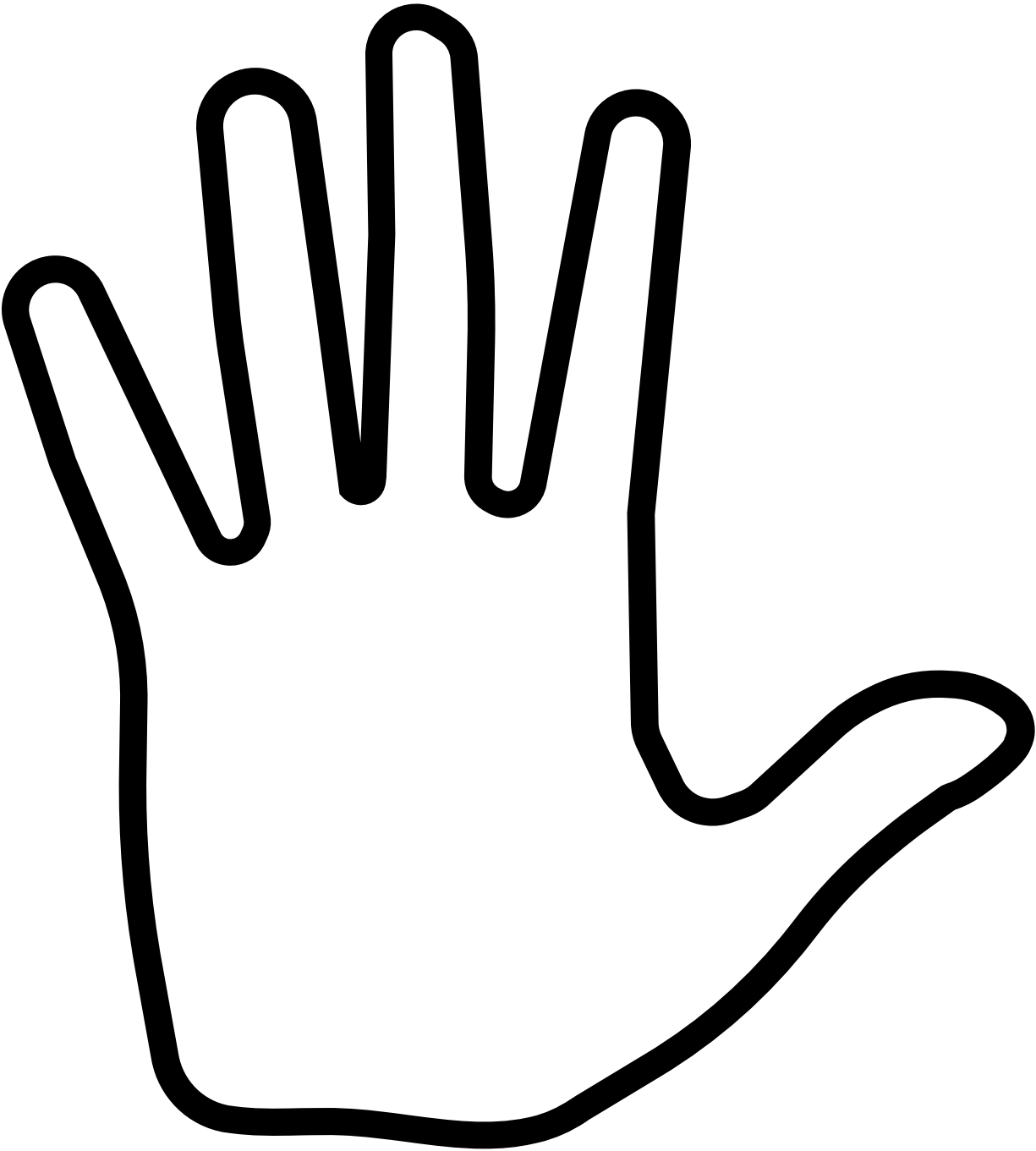
Hang up their art in your small group space, or have them take it home to share with their guardian.

### WHERE STUDENTS MAY STRUGGLE

*Logically, we know the importance of helping people, and while it can positively impact us ([read this](#) on how helping others positively impacts mental health), but also balancing helping others and caring for ourselves is difficult. And sometimes it isn't always clear how we should help others. There also could be some implicit bias towards those in poverty and that those in that situation should 'help themselves'. Ultimately, we are called to help others, and 'Do Unto Others', regardless of how someone found themselves in the situation they are in (Yea, Grace!). Reminding students to approach everyone with kindness, curiosity, and grace, and that every person deserves dignity and respect could be helpful.*

### MENTOR RESOURCES

- [Helping others and mental health.](#)
- [Who are your stretcher bearers?](#)
- [Building a Culture of Hope : Exploring Implicit Biases Against Poverty](#)



# DIRECTOR GUIDE

## WEEK FOUR | IN OUR LIVES



**Main Point:** Bring What You Have.

**Worship Response :** Have a student share about a serve trip experience that impacted them.

All around us there are people who love us. Our community consists of friends, neighbors, guardians, family members, teachers, and so many more. This month we have talked about what it means to Do Unto Others in the World and Community, but how do we Do Unto Others in our own lives with the people we see every single day. For our last week, we will walk through the story of feeding the five thousand where a little boy brought bread and fish and was willing to share what was most likely his lunch, with others. In this lesson we can make a difference by simply **bringing what we have**. There is no offering too small because we never know how God can use what we bring.

**Teaching Ideas :** Consider bringing what you would pack for lunch that day and using it as part of your lesson. Challenge students to think about how even a bit of lunch you bring to share, could impact someone. Talk about a time when there wasn't enough of something. What happened?

### LARGE GROUP GAMES

#### Screen Game

[Squad Stance](#) | DYM

[Seven in Eleven \(v. 3\)](#) | DYM

#### Active Game

[Extreme Balloon Keep Up](#) | **Grow Games**

- Split into teams by color, each player gets a matching balloon.
- Players hit their balloons to keep them in the air without catching or holding.
- Knock down opponents' balloons; once a balloon touches the ground, it's out.
- The last team with a balloon in the air wins.

### THEME DAY OPTIONS

- Wear your favorite color
- Bring a friend
- Bring a favorite thing to share with your small group

### ADDITIONAL IDEAS

Consider ways that students can impact their local community. Provide a resource on serve opportunities, connection with voter registration, or even plan a day to serve together!

### SCRIPTURE

John 6:1-15

### SUPPLIES

- Balloons (1 color/small group)
- Friendship Bracelet Materials
- Printed and Cut Loaves and Fishes
- Baskets/Bags
- Printed Bingo Cards
- 1 bag of Candy/small group
- Summer Serve Trip Information
- Local Serve Day Information
- Markers/Crayons/Colored Pencils
- Printed Mentor Guides

### CHALLENGE

Share your friendship bracelet, or an encouraging note with a friend this week.

### RESOURCES

- See Mentor Notes

# MENTOR GUIDE

## WEEK FOUR: IN OUR LIVES



**Main Point:** Bring What You Have.

**Scripture:** John 6:1-15

All around us there are people who love us. Our community consists of friends, neighbors, guardians, family members, teachers, and so many more. This month we have talked about what it means to Do Unto Others in the World and Community, but how do we Do Unto Others in our own lives with the people we see every single day. For our last week, we will walk through the story of feeding the five thousand where a little boy brought bread and fish and was willing to share what was most likely his lunch, with others. In this lesson we can make a difference by simply **bringing what we have**. There is no offering too small because we never know how God can use what we bring.

### ACTIVITY OPTIONS

**(Active) 10 minutes**

**Loaves and Fishes Relay | Middle School**

**Loaves and Fishes Relay**

Split Groups into 2-3 teams. Teams start with a basket of items to represent the loaves and fishes. Across from them is a pile of more 'loaves and fishes'. As a relay, students race to the extra loaves and fishes and bring one at a time back to their basket. Set a timer for 2 minutes, and see which team gets the most loaves and fishes.

**Abundance Bingo | High School**

Using the Blessings Bingo Cards, and the Blessings Bingo Sheets, play Bingo! Assign one mentor to call out different items and if a student sees that blessing in their life, have them mark it off.

\*\*\*This game was written with an affluent community in mind, please review the game and adjust the questions before playing it if needed.

**(Crafty) 5 minutes**

Make a friendship bracelet with an encouraging phrase and share it with someone this week!

### OPENING QUESTIONS

*Leaders: Choose which ones will work best for your group!*

- Tell us something awesome about your best friend.
- If we were having a picnic, what food would you bring to share?

### QUESTIONS

#### MIDDLE SCHOOL & HIGH SCHOOL

- How does it feel when there isn't enough of something for everyone? How do people sometimes respond?
- What can we learn about God from this story?
- Can you think of examples in your own life when God provided in unexpected ways?
- What is something small we 'can bring' to support and care for others?

#### HIGH SCHOOL

*Use some of the middle school questions as well.*

- What do you think of, when you think of the word "abundance"?
- Practically speaking, there was not enough food to feed everyone, and we read about a miracle that Jesus performed so everyone was fed. What made that miracle possible?
- Do you think miracles still happen? What might a modern-day miracle look like? How can we be a part of making miracles happen?

### CHALLENGE

*Be sure to share the challenge with your students and follow up next week!*

Share your friendship bracelet, or an encouraging note with a friend this week.

# MENTOR NOTES

## WEEK FOUR | IN OUR LIVES



**Main Point:** Bring What You Have.

**Scripture:** John 6:1-15

After this Jesus went across the Galilee Sea (that is, the Tiberias Sea). 2 A large crowd followed him, because they had seen the miraculous signs he had done among the sick. 3 Jesus went up a mountain and sat there with his disciples. 4 It was nearly time for Passover, the Jewish festival. 5 Jesus looked up and saw the large crowd coming toward him. He asked Philip, "Where will we buy food to feed these people?" 6 Jesus said this to test him, for he already knew what he was going to do.

7 Philip replied, "More than a half year's salary[a] worth of food wouldn't be enough for each person to have even a little bit."

8 One of his disciples, Andrew, Simon Peter's brother, said, 9 "A youth here has five barley loaves and two fish. But what good is that for a crowd like this?"

10 Jesus said, "Have the people sit down." There was plenty of grass there. They sat down, about five thousand of them. 11 Then Jesus took the bread. When he had given thanks, he distributed it to those who were sitting there. He did the same with the fish, each getting as much as they wanted.

12 When they had plenty to eat, he said to his disciples, "Gather up the leftover pieces, so that nothing will be wasted." 13 So they gathered them and filled twelve baskets with the pieces of the five barley loaves that had been left over by those who had eaten.

14 When the people saw that he had done a miraculous sign, they said, "This is truly the prophet who is coming into the world." 15 Jesus understood that they were about to come and force him to be their king, so he took refuge again, alone on a mountain.

### ACTIVITY OPTIONS

**(Active) 10 minutes**

#### Loaves and Fishes Relay | Middle School

We know that small offerings multiply with teamwork. When we come to together and bring what we have to support people in the world, in our communities, and in our lives, we can be part of modern-day miracles.

#### Blessings Bingo | High School

Recognizing the blessings around us helps us appreciate the abundance that is already present in our lives. Remind students that one way we can do unto others, is helping others see the abundance in their lives as well!

**(Crafty) 5 minutes**

Encourage students to put something positive on their friendship bracelets that can encourage or uplift someone in their lives.

### WHERE STUDENTS MAY STRUGGLE

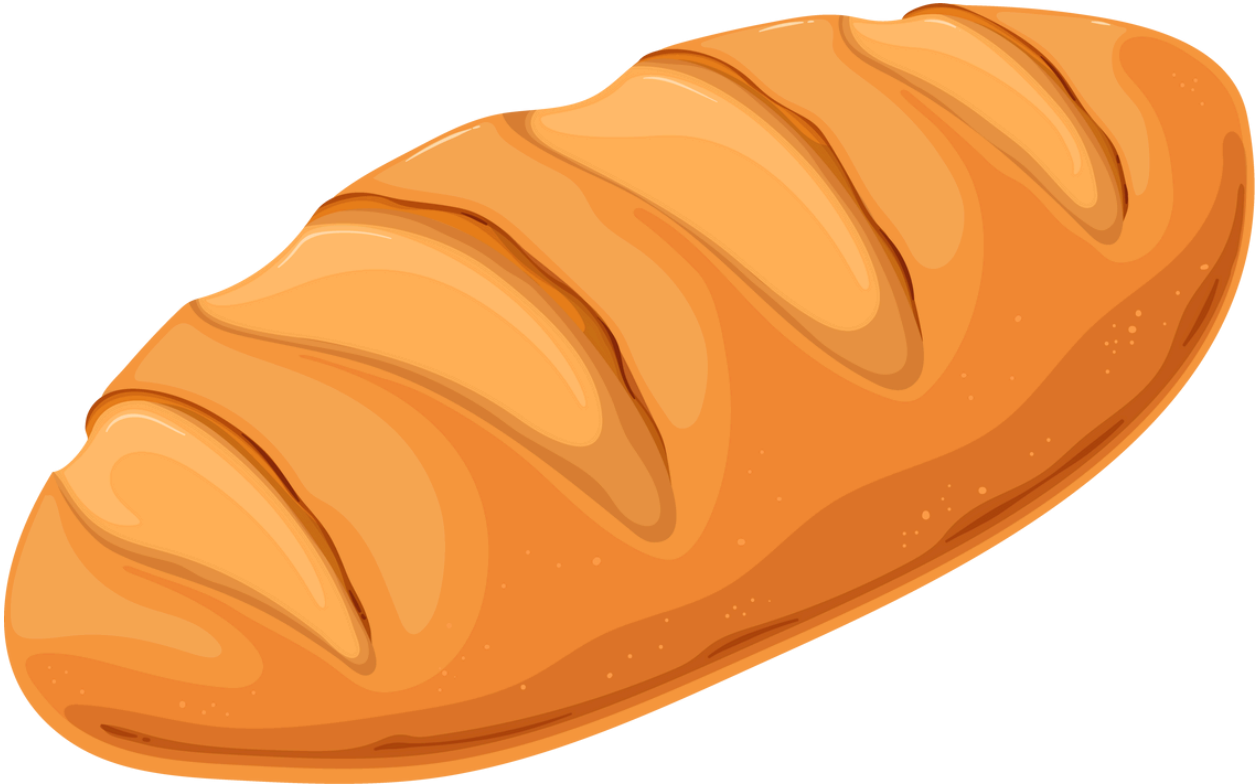
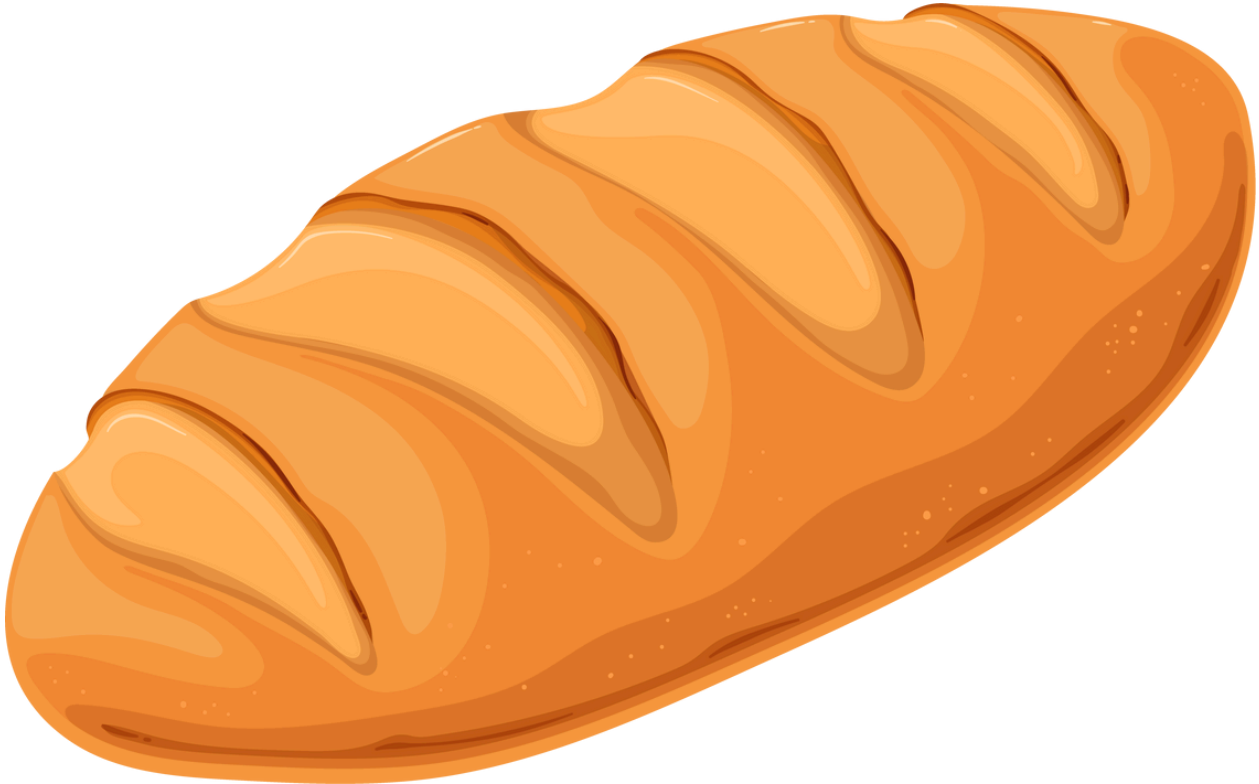
*Their friends might be fine, or at least appear fine. So how can they help people in their lives when they don't have physical need? We know that everyone has need, but it might not be physical. It might be emotional or spiritual. One way we can Do Unto Others when people in our lives don't have physical need is to spend time with them. Reach out to them first. Invite them to hang out with us (even if they said no before!). We never know what might be going on in someone's life, but no matter what we have to bring to the table, we add value to the people in our lives.*

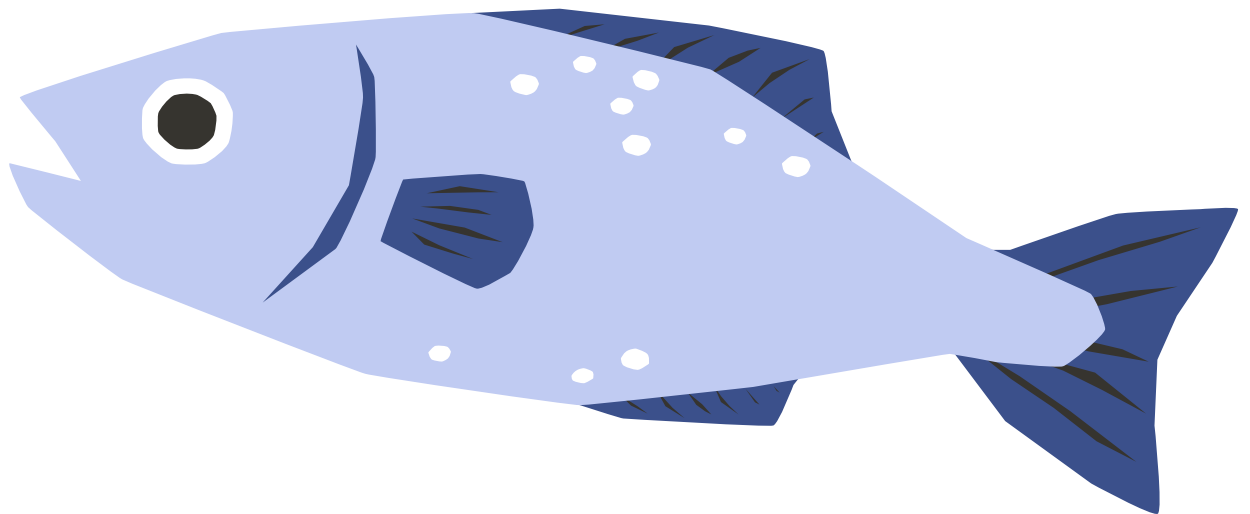
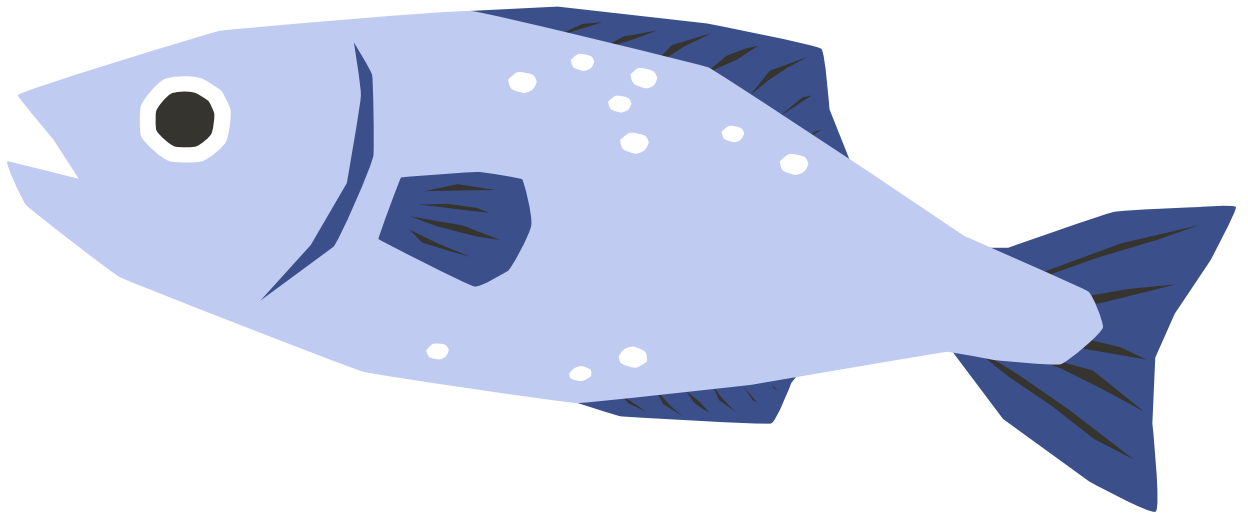
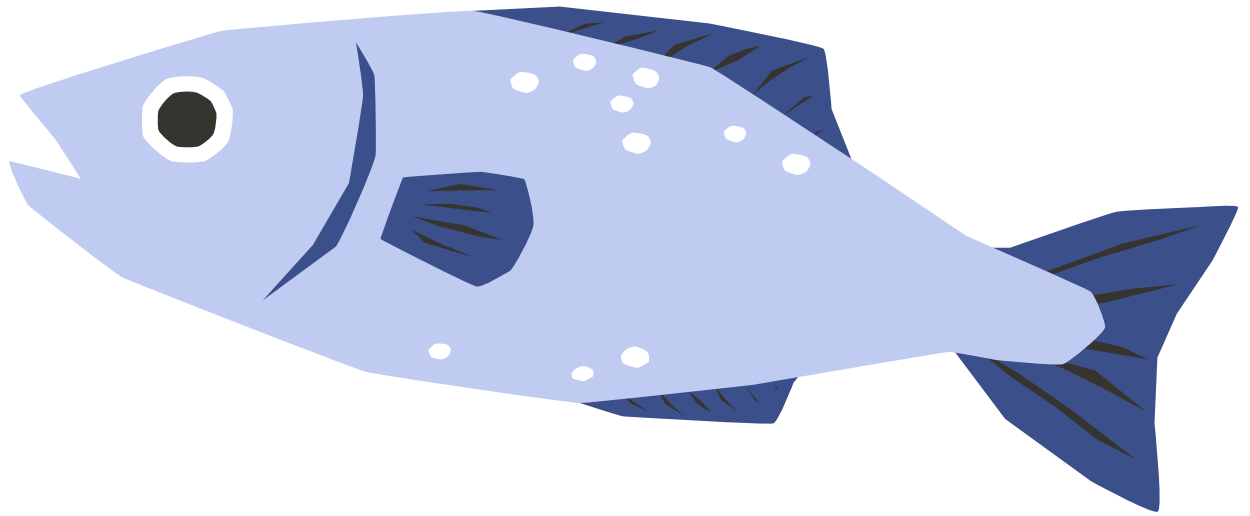
### MENTOR RESOURCES

- Bible Project - [The Gospel of John](#) (part 1)
- Bible Project - [Go Deeper in the Book of John](#)

### NOTE!

This game was written with an affluent community in mind, please review the game and adjust the questions before playing it if needed.





# Blessings Bingo

Write the numbers 1-30 on your Bingo Card in any order.

		FREE SPACE		



# Blessings Bingo Call List

1. I have made a new friend.
2. I know that there are people who care about me.
3. I know someone loves me.
4. If I am upset I know who I can talk to about it.
5. I have been able to buy someone a meal/drink.
6. I was given a car without having to make the full monthly payment.
7. If I need something, my parents are able to provide it for me in some way.
8. Someone has taken time to listen to me.
9. I have had an opportunity to help someone else.
10. I have a close friend.
11. I have been able to travel to another country.
12. Someone has told me they are proud of me.
13. I have someone I could ask for help.
14. When I failed at something, someone supported me.
15. I am a part of a community.
16. I have a friend I trust.
17. There is an adult in my life I can talk to.
18. If there isn't food I want to eat at home, I know where to go to get something to eat.
19. Someone has noticed me, and said hi, when I felt alone.
20. I have received an encouraging note, message, or text before.
21. If I have questions about my faith, I know who I can talk to.
22. I want to learn something new, I am able to learn it (or attempt to learn it)
23. I am able to get a job if I want one, but do not HAVE to have a job to survive.
24. Someone else buys my toothbrush.
25. As a child, my parents/guardians read to me.
26. I have had a birthday party, and people have shown up.
27. I am able to go to the doctor when I am hurt.
28. I am able to go to the dentist for check-ups.
29. Someone has told me they believe in me.
30. Someone has helped me learn something new.

\*\*All of these things are amazing things! Some are physical, but a lot are emotional. The people we have in our lives are blessings. Challenge students to think about how they can live some of these blessings out for someone else in their lives.