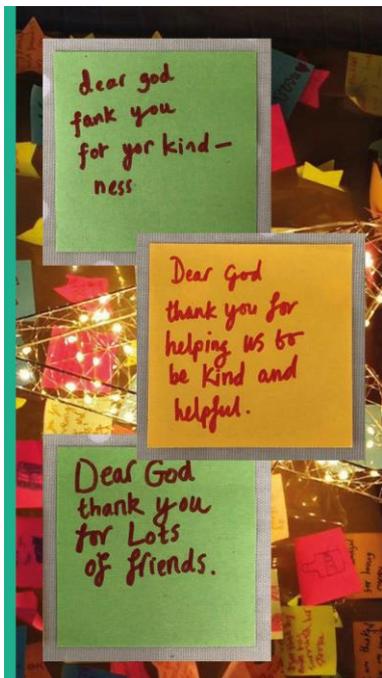


BeHelpful

BeSpace activities to bring a sense of peace and helpfulness to your life...

Christians believe that we are called to be helpful to others around us. We can help people practically by meeting their needs as well as praying for them. They also believe that when we are in trouble or worried about something we can ask God to help us and that He helps us in our time of need.

- Being helpful:** There are many ways that we can be helpful for the people we live with and in our wider community. So, can you think of something you can do to help a family member today, for example, doing the washing up, tidying your toys away, playing with a brother or sister? Try to do something without being asked to do it first. As you do your helpful task you could reflect thankfully or pray for the person that you are helping.
- Praying for our community:** Christians believe that they can help others by praying for them. Do you have a local map? Look at a map of your local area. If you have some Post-it notes or tea lights, you could put them onto the map and pray for the people in your community. If you don't have a map, maybe you could draw a map of the streets around you, or even just imagine your street and neighbourhood around you. As you do this you could pray for those in your street or think about the people living near you. Is there someone you know who needs a special thought or prayer. Could you draw a picture for them with a special message and post it through their door?
- Praying for our world:** What is in the news at the moment? Do you have relatives in another country? Lots of countries have many issues. Sometimes we feel that we can't do anything practically for people far away from us. But we can think about them and pray for them. If you have a candle at home, could you light it and think about or pray about something that is going on in the world today? Learning about and praying for others far away from us can often help us to appreciate our own situations.
- Asking for help:** Is there something you would like to ask for help with? Maybe you are finding that schoolwork is hard, or a personal situation difficult. Perhaps you could write about it or draw a picture on paper? As you do this pray to God to help you in your situation and reflect on who you can ask to help you in the next few days.



BeHelpful

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

Psalm 121:2 (NIV)

**“In Joppa there was a disciple
named Tabitha; she was always
doing good and helping the
poor.”**

Acts 9:36 (NIV)

Print and cut
out your
BeHelpful Card
to take away...