

A LESSON ON HELPING OTHERS

GRADES 1-3 -- Dignity at Every Age- Lesson I (Year I, Day 3)

Goal: Students will explore the concepts of illness through the lens of the dignity of every person at every stage. Through stories, students will realize that the elderly and the sick have love to give and need to receive love.

Materials: Paper, crayons/markers

Lesson: The story of Jesus healing the paralytic is an important story to tell to students because it demonstrates how we must help others. Even though the paralytic man's friends couldn't heal him, they found creative ways to help him. The story also shows how much Jesus loves and cares for the sick. Both the paralytic man's friends and Jesus promoted the dignity of the paralytic man.

Watch: [Jesus Heals the Paralytic](#) by RodTheNey

Discussion:

- What was wrong with the paralytic man?
- Why did he need extra help?
- Who helped him?
- What happened when he met Jesus?
- Why did Jesus cure him?
- Does Jesus love the paralytic when he is paralyzed *and* when he can walk?
- Does Jesus love us any differently whether we are sick or not?
- Does Jesus love me even when I am not able to do something?

Activity: Carrying Your Friends to Jesus Game

Have students get into teams of three. Two team members hold the other person's hand and bring them to the other side of the room to the leader, "Jesus." Once they get there, "Jesus" touches the person's forehead and says "You're healed". The whole team then hurries back to the starting line and starts again, holding another person's hand in the center and bringing them to "Jesus". But they cannot win the game unless they are holding the person's hand. The first team to bring all their friends to Jesus, get back to the line, and sit down, wins.

Remind the students that the paralyzed man needed friends to bring him to Jesus and we can help bring our friends and family members to Jesus too. Visiting family members who are elderly or sick is one way to bring the love of Jesus to others.

Discussion:

- What are some ways to care for those who are sick or elderly?
- Is there anyone in your family or neighborhood who you could bring joy by visiting?
- Is there anyone you know who is sick who you could pray for? What are some prayers you could say for them?

Activity:

Have the students draw a picture or write about someone they know and love who is older or sick and needs more care. Does he use a cane or a walker? Does she get tired easily and need to take naps? Does he take special medicine or eat special foods? What do you love most about this person?

Prayer:

Loving God, bless all our grandparents and those in our families who are older. May they share their wisdom and faith with us. May they continue to learn and grow with us each day. Bless all those in our families who are sick. Give them courage to find joy in each day. Allow us to find joy and blessing in visiting and showing love for our elderly, sick, and disabled people we know. Amen.

Lesson adapted from the plans on the Archdiocese of Los Angeles Office of Life, Justice and Peace website.