

A LESSON ON HELPING OTHERS

GRADES 4-6 -- 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: Bible

Read: Jesus Heals the Paralytic Man (Luke 5:17-26)

Like the men in the scripture passage (*Jesus Heals the Paralytic Man*) true compassion and love requires that we serve those in need, whether that means helping them or accompanying them through their suffering and making them feel better.

Discussion:

- What was the problem with the paralytic man?
- How did this happen?
- Who had faith that Jesus could heal him?
- The men in this story are true friends of the paralytic man. They were not deterred by obstacles. What are some examples of ways you have been a friend to others who needed help?
- Is there a friend in your life who needs special help?
- How can you help him/her?
- Does Jesus love the paralytic when he is paralyzed and when he can walk?
- Does Jesus love us any differently whether we are disabled or not?
- Does Jesus love me even when I am not able to do something?

Watch: [I Like Being 98 - I Like Giving](#)

This video depicts a 98-year-old woman, Evelyn, who continues to help others even in the face of challenge. Her example encourages students to do what they can to help others.

Discussion:

- What motivated Evelyn to get her drivers' license back? Why was this important to her? (*Some people want to drive for the sake of their own independence but Evelyn wanted to so that she could help her neighbor*).

- Are you surprised that Evelyn was able to help her friend—even at the age of 98? Why does this surprise you?
- What do we learn from Evelyn's example about what is important in life?

Activity: Ask the students to share about a time in their life where they have helped someone in need. Then, have the students write about someone in their life who needs some help (i.e. an elderly neighbor, someone in their family who is sick). Encourage them to write what they can do to help that person.

Prayer:

Jesus, when You were on earth, people brought the sick to You and You healed them all.
Today I ask You to bless all those who are sick, weak and in pain.

For those who are helpless and who must lie in bed:
Bless your people, O Lord.

For those who must face life with some disability:
Bless your people, O Lord.

For those suffering from any kind of illness and for their caregivers:
Bless your people, O Lord.

We ask this through Christ our Lord. Amen.

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