Solidarity is showing compassion, unity, and care for those around us. It is standing with those who need our help. It is giving a voice to those who need to be heard. It is seeing the needs of our neighbors as our own needs.
How do we care for those whose job is to care for us and our society?
I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.

MATTHEW 25:35-36
THINK ABOUT SCRIPTURE

- Why do you think Jesus was so concerned with those who were often forgotten?
- How did Jesus instruct his disciples to care for these people?
- Who are some of the forgotten people in our world today?

TAKE A DEEP BREATH

Take some time to meditate on these verses from Matthew's Gospel. Break out your journal or sketch pad, go for a walk (with parental permission!), listen to a piece of music that helps you think, or just pray. Take note of any thoughts or feelings that arise in you as you contemplate the words of Christ. Don't worry if you have questions or doubts. Welcome them. Let them drive you to new questions and new ways of thinking.
Who are Essential Workers?

*** FIRST RESPONDERS
Paramedics, Firefighters, etc.

*** FOOD SUPPLY WORKERS
Farmers, Grocery Store Workers, Cooks, Restaurant Staff, etc.

*** HEALTHCARE WORKERS
Nurses, Doctors, Pharmacists, Hospital Staff, etc.

*** SANITATION & DELIVERY WORKERS
Waste Management Workers, Plumbers, Mail Carriers, Food Delivery Workers, etc.
Think how terrible it would be if we couldn't buy food, or if our garbage just piled up week after week on the curb, or if there was no one to help us when we get sick. Essential workers are the ones who keep us and our society functioning, but we rarely see them. They are, in a sense, invisible. But our world would fall apart without them.
WHO ARE THE ESSENTIAL WORKERS IN YOUR LIFE?

Do you know any nurses, delivery workers, grocery store workers, or other essential workers? Who are they? Maybe you don’t know them by name, but someone delivers your mail, picks up your garbage, supplies food to your family. How can you make an effort to start caring for these people?

HOW SHOULD WE LIVE?

Jesus says that how we treat the forgotten, often invisible people in our lives matters more than anything else because Jesus stands in solidarity with them! Why do you think Jesus chooses to identify with the overlooked people in our world? How should we live knowing that Jesus stands with these people?
ON YOUR OWN

- Write a thank you note to an essential worker in your life. Tell them how much you appreciate the work that they are doing. Let them know they are not forgotten. Ask your parent/guardian how to safely deliver the letter.

- Find regular times to pray for essential workers. Here are some ideas:
  - Whenever you hear the garbage truck outside.
  - Whenever you open the fridge or cupboard to get a snack.
  - Whenever you see a package on the doorstep or mail on the table.
WITH YOUR FAMILY

- Make a banner or sign that says "We Stand with Essential Workers" and put it in your front window, hang it from your porch, or stick it in the front lawn. If you're the crafty type, decorate it so that it really stands out! Remember, postal workers, delivery people, and sanitation workers will be on your street everyday. It will mean a lot to know that they have your support.

- Take a picture with your family holding up the sign together. Ask your parents to post it to their social media accounts, or share it with the church to use in our virtual worship services.

- Pray as a family everyday for the workers that keep our world together!