

# Title: The Lord is My Helper

**Pre-Class Activity:** Coloring page, Notes of Encouragement to send to shut ins, imprisoned, and sick

*Hebrews 13:1-6* “Let brotherly love continue. <sup>2</sup> Do not neglect to show hospitality to strangers, for thereby some have entertained angels unawares. <sup>3</sup> Remember those who are in prison, as though in prison with them, and those who are mistreated, since you also are in the body.”

**What is Hospitality?** (the friendly and generous reception and entertainment of guests, visitors, or strangers.)

**What does it mean to be hospitable?** (friendly and welcoming to strangers or guests.)

**How can I show hospitality?** (by being kind to new people who come to class, smiling, showing others I’m glad they are here, inviting people to sit with me so they’re not alone, sharing my food or supplies with ones who don’t have any, etc.)

*“<sup>4</sup> Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous. <sup>5</sup> Keep your life free from love of money, and be content with what you have, for he has said, “I will never leave you nor forsake you.”*

(Use discretion for ages and description for vs 4. However, the idea of being content in our homes and marriages may be something to elaborate on.)

**What is contentment?** (a state of peaceful happiness and satisfaction.)

**How can I practice contentment?** (By being grateful for everything I have, without asking for more.)

**What should I be MOST thankful for and content with?** (God’s constant presence and help in our lives.)

Perspective is so important. It is the easiest to be discontent when we lose perspective. Someone always has it worse...there is someone out there who is praying for what we have now. And sometimes, what we THINK we want (because we see someone else has it) may not be as wonderful as we think it will be.

**Play Perspective Game:**

2 chairs            2 people

Both people sit in a chair, facing each other.

One person (person A) says, "Tell me what you see behind me," and the other person (person B) names a few objects that they can see.

If you want to be more specific and concrete, you can say, "Name two (three, four, etc.) objects you see behind me."

Now it is person B's turn to ask person A to describe or name the objects that they see behind person B.

Both people will likely respond with different objects because they are each seeing the room from their own unique position in the room. They are simply sharing what they see from their point of view and perspective. For example, person A might see a poster and a window while person B might see a stack of books on a table and a bowl of fruit.

Next, both people switch chairs.

Once seated in the opposite chair, both people can begin to see the room from the other person's perspective and position in the room. They start to see the objects that they couldn't see previously because they now sit in a different position and have a different point of view.

We must always remember that our Father in Heaven has the PERFECT point of view, the perfect perspective. We have what He wants us to have and what He knows we can use for His glory and the good of others. When we forget this, and get out of the habit of helping others, and focus on ourselves, we displease the Lord by becoming discontent.

*"6 So we can confidently say,*

*"The Lord is my helper;  
I will not fear;  
what can man do to me?"*

**Memory Verse:** Hebrews 13:6, "The Lord is my Helper; I will not fear; what can man do to me?"

- Example: Write memory verse on board, have class say it together, and then erase a couple of word and say it again. Erase a couple of words each round and say verse until all words are gone.

### Songs:

- Do Not Fear, I AM the LORD" [https://youtu.be/dcxRiQvr\\_t4](https://youtu.be/dcxRiQvr_t4)
- Whom Shall I Fear?" <https://www.youtube.com/watch?v=NiU4CpOIKTE>

### **Additional Scripture:**

Psalm 4

“Answer me when I call, O God of my righteousness!

You have given me relief when I was in distress.

Be gracious to me and hear my prayer!

<sup>2</sup> O men, how long shall my honor be turned into shame?

How long will you love vain words and seek after lies? *Selah*

<sup>3</sup> But know that the LORD has set apart the godly for himself;  
the LORD hears when I call to him.

<sup>4</sup> Be angry, and do not sin;

ponder in your own hearts on your beds, and be silent. *Selah*

<sup>5</sup> Offer right sacrifices,

and put your trust in the LORD.

<sup>6</sup> There are many who say, “Who will show us some good?

Lift up the light of your face upon us, O LORD!”

<sup>7</sup> You have put more joy in my heart

than they have when their grain and wine abound.

<sup>8</sup> In peace I will both lie down and sleep;

for you alone, O LORD, make me dwell in safety.”

### **Thoughts to drive home:**

It is easy to dwell in (or be overcome by) fear, but God calls us to more! He wants us to spend our energy HELPING OTHER PEOPLE, that way we are not focused on ourselves, and others can be blessed and glorify Him! When fear does creep in, we can push it away with GRATITUDE that God is for us and with us! We can handle ANYTHING when that Truth is at the center of our thoughts.