

Game: **Freeze Tag**

Discussion: **Helping Others**

Scripture : **Philippians 2:5-11**

YOU WILL NEED: *No items are needed.*

Freeze Tag

Choose a person to be “It.” Have all the other children spread out in the room. Be sure to point out anything in the room that might be dangerous—i.e., “As you are running around in the game, be sure to watch out for the table.” Then station yourself next to anything that you might consider to be a potential risk to kids running around. Explain that “It” is going to try to tag them.

When he touches them, they freeze, hold their arms straight out and spread their legs apart. They are frozen until someone else crawls beneath their legs. If any girls are wearing dresses, they freeze with their arms out with their legs together. To unfreeze them someone has to run around them two times. Every three minutes switch who is “It” and see who can freeze the most people.

Discussion

Ask the students—How did you feel when someone unfroze you?

Ask the students—How did you feel when someone ran past you but didn’t unfreeze you?

SAY: We all like it when someone helps us, but most the time we think more about how others can help us rather than how we can help others.

Ask the students—What are some ways that we can help others? (Pray for them, tell them about Jesus, help them when they have a need, etc.)

Ask the students—Is it ever hard to help others?

SAY: It’s not really hard to find ways to help others, but sometimes we make it hard. Here are some ways that we make it hard:

- We’re busy doing our own things
- Sometimes don’t even notice that someone has a need.
- We wonder what people will think if we help them (i.e., Will people think that I like her?)
- We wonder if the person will accept our help. What if they tell us to get away and leave them alone?
- Sometimes we don’t want to help because we are too lazy or selfish or we just don’t care about others.

Ask the students—Can you think of other ways that we sometimes make it hard to help others?

Ask the students—How did Jesus help others? (He showed God’s care—He healed them, helped them, talked to them, was honest with them, He corrected people, He taught them, He loved them.)

SAY: Listen to what the Bible says...

**Read from your Bible:
Philippians 2:5-11**

Ask the students—How should we be like Jesus? (In every way. We just read in Philippians 2:5 to make our own attitude like that of Christ. Then it told us what Jesus was like—He was humble and obedient to God. He “emptied Himself” to help others.)

Ask the students—How has Jesus helped us? (He made a way to save us—to take our sins away, give us a brand new life and be able to go to heaven to be with Him.)

Your Salvation Testimony: Briefly share about how and when you were saved. This needs to be no longer than a minute or two and the point needs to be focused on that fact that you needed Jesus and perhaps how you knew you needed Jesus, and that you made the greatest choice of all to let Jesus be your Lord and Savior. He saved you and made a way for you to go to heaven and to have a personal relationship with Him.

Play the Game Again...this time have two people who are “It,” who are working together to freeze everyone.

Extra Time

If you have extra time, try other variations to the game—i.e., hopping on one foot, with locked elbows with a partner, etc.