LJ & FAMILY · MINISTRY KIT · EPISODE 18

Helping Mr. Walter

A 20-minute lesson for Sunday school, VBS or midweek kids · Galatians 6:2 and Genesis 24:10–27

Questions or a church request: hello@ljandfamily.com · ljandfamily.com

AGES	4–10 (adaptations for 3–5 and 10–12 at the end)
YOU NEED	A screen for the episode · a small box or a stack of books to pass · paper cups (optional) · crayons · the coloring page
EPISODE	Ep 18, Helping Mr. Walter (3:44) · youtu.be/CQ2pr4b1vE0
MEMORY VERSE	"Bear one another's burdens." Galatians 6:2
BIBLE STORY	Rebekah waters the camels (Genesis 24:10–27)
THE ONE THING THEY TAKE HOME	When someone needs help, we don't run away. We help carry each other's loads, and we honor older people.

The class plan

MIN		WHAT HAPPENS
0–2	**Welcome**	Ask: "Have you ever helped someone with a big job? How did it feel?" Let a few children answer.
2–6	**Watch**	Show Ep 18, Helping Mr. Walter (3:44).
6–10	**Talk**	Three questions below. Let them answer before you do.
10–13	**Bible**	Tell the story of Rebekah at the well (Genesis 24:10–27).
13–18	**Activity**	A carry-the-load pass and helper cards (below).
18–20	**Pray**	Close with the episode prayer.

Talk about it (5 minutes)

1. How do you think Mr. Walter felt when LJ ran off without helping? What was the heavy feeling in LJ's tummy?

LJ knew he should have helped. That heavy feeling can be God nudging us to make things right. Point out that LJ went back and said sorry.

2. Little Dad cleared Miss Ruby's snowy steps, and they became friends. Why is it good to help older people?

Little Dad wanted to build snowmen, but helping Miss Ruby gave him a friend and the best stories. Older people have so much love to share.

3. Rebekah helped all the way. Who could you help carry a heavy load this week?

Help children name real people: a grandparent, a neighbor, a tired parent, a teacher carrying books. Helping is a way to bear one another's burdens.

Open the Bible (4 minutes)

"Bear one another's burdens, and so fulfill the law of Christ." Galatians 6:2 (WEB)

How to tell it

Set the scene: Abraham's old servant traveled a long, long way with ten thirsty camels. He stopped beside a well and asked God for help. Then Rebekah came with her water jar on her shoulder. He asked for a little drink, and she gave it to him. Pause and ask: what do you think she did next? She said, "I will draw water for your camels too!" Back and forth she went until all ten camels had enough to drink. Finish: the old man bowed his head and thanked God (Genesis 24:26–27).

Going deeper with older kids

With older kids, read Genesis 24:10–27 together. Rebekah did more than she was asked. Why does that matter? Connect it to Galatians 6:2 and Leviticus 19:32: we carry each other's loads, and we honor older people with our help and respect.

Activity: The carry-the-load pass (4 minutes)

- Pass a small box or a stack of books down a line of children. Talk about how a heavy load is easier when everyone helps carry it.
- Act out Rebekah at the well: one child is the tired traveler, a few are camels, and "Rebekah" pretends to fill a cup for every camel.
- Make helper cards: each child draws one way to help an older neighbor or grandparent this week.
- Optional: draw a thank-you card for an older person in your church.

A WORD OF CARE

Some children have grandparents who are sick, far away or have passed away, and some live with older relatives who need care. Speak about older people with honor and warmth, and let children share their own family stories without pressure.

Close in prayer (2 minutes)

Have the children fold their hands and repeat after you, one line at a time:

God, thank You for my neighbors and for older people who have so much love to share. When I see someone who needs help, give me a helping heart. Help me carry other people's loads, like Rebekah did. Amen.

Adaptations

Ages 3–5

Do the carry-the-load pass, color the camels, then say “Help each other!” with the verse.

Ages 10–12

Do the Going Deeper section. Plan a real service project for older members of your church.

Large group

Run the pass in small teams with a leader in each. Take three answers to each question.

Short on time (10 minutes)

Watch from the leaf pile (2), one question (2), tell Rebekah’s story (3), say the verse (2), pray (1).

A note for teachers

The heart of this lesson is that when we make a mess or see someone struggling, we don’t run away; we help carry the load. Children should leave knowing one real way to help an older person this week.

Send the family guide home with every child so families can watch and talk about it together. It is free to print and share at ljandfamily.com.