

# Hands That Help

*A Family Service, Prayer, Scripture, Discussion & Kindness Activity*

A calm, structured activity for a family evening, Sunday reflection, or any quiet moment when a home can turn kindness into useful service.



*This is an independent creative family resource and is not an official publication of The Church of Jesus Christ of Latter-day Saints.*

**Time needed:** 25-40 minutes

**Best for:** families, mixed ages, small groups

**Printing:** A4



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# Before You Begin

This activity helps a family notice real needs, talk gently about service, and choose one act of practical help to do during the week.

Choose the roles before starting. One person may hold more than one role.

Role	What they do
Opening prayer	Invites the Spirit and asks for kind hearts.
Scripture reader	Reads the chosen scripture or gives a short summary.
Discussion helper / service planner	Keeps the conversation kind, writes down the plan, and helps everyone choose one useful action.
Card chooser	Draws or chooses a Service Prompt Card from the cut-out page.
Closing prayer	Thanks Heavenly Father and asks for courage to serve.

## Materials

- This printed activity pack
- Scriptures or Gospel Library
- Pencils or pens
- Scissors for the prompt cards
- A basket, envelope, bag, or simple container if preparing a gift or donation
- Optional: card-making supplies, food-bank items, flowers, or a small note

**Family note:** Service does not need to be large, expensive, or public. A small act done with love can become a quiet light for someone else.

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# Scripture Choices

*Choose one suggested scripture, or choose your own.*

Read only a short portion if time is limited. The purpose is not to finish a lesson quickly, but to let scripture shape the family plan.

Scripture	Service focus
Mosiah 2:17	When we serve others, we are also serving God.
Matthew 25:35-40	Christ teaches that care for those in need is sacred service.
Luke 10:25-37	The Good Samaritan stops, notices, and gives practical help.
Galatians 5:13	Love gives us a reason to serve one another.
James 1:27	Pure religion includes caring for those who need help.
Doctrine and Covenants 81:5	Succour the weak and lift up hands that hang down.
Your own scripture	Choose any scripture that helps your family think about service.

## Opening Discussion

1. What need did the scripture help us notice?
2. What kind of help would be useful rather than showy?
3. Who could we serve this week without making them feel embarrassed?
4. What can each person in the family do?

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# How to Proceed

*A simple pattern for prayer, scripture, planning, action, and follow-up.*

Step	Action	What to say or do
1	Gather calmly	Sit together, explain the activity, and remind everyone that service can be small and sincere.
2	Assign roles	Choose the opening prayer, scripture reader, service planner, card chooser, and closing prayer.
3	Opening prayer	Ask for help to notice real needs and serve with love.
4	Read scripture	Read one service-focused scripture or share a short summary.
5	Draw a prompt card	Choose one Service Prompt Card from the cut-out page.
6	Discuss needs	Talk about who might need help and what would genuinely bless them.
7	Make a plan	Write down one clear act of service, who will do each part, and when it will happen.
8	Close with prayer	Ask for courage to complete the plan kindly and quietly.

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# Discussion Guide

*Questions that help service become practical.*

No.	Question
1	Who around us may be carrying something heavy right now?
2	What would be useful help, not just a nice idea?
3	Is there someone lonely, tired, grieving, new, ill, or overwhelmed?
4	What could we prepare: a card, meal, visit, message, garden help, donation, or clean-up?
5	How can we serve without making the person feel watched or embarrassed?
6	What can a child do? What can a teenager or adult do?
7	When exactly will we do it?
8	How can we remember to follow up after the service is done?

## A Quiet Check-In

A day or two after the service, ask: Did the person need anything else? Did we follow through kindly? What did we learn? Should we send a note, message, prayer, or further help?

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# Service Prompt Cards

*Print, cut, and choose one card for the family plan.*

## Notice

Name one person who may need help this week.

## Prepare

What useful thing could we prepare for someone else?

## Write

Make a short card or message of encouragement.

## Carry

Help move, tidy, deliver, or organise something practical.

## Visit

Plan a brief kind visit or call, if welcome.

## Give

Choose one food-bank, clothing, or household donation.

## Listen

Ask someone how they are and listen without rushing.

## Follow Up

Choose one way to check later that the help was enough.

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# Role-Play Example: A Family Planning Service

This example keeps the same family from the first activity and shows a different kind of service: preparing a small care basket for a family with a new baby.

**Daniel:** Tonight we are doing Hands That Help. We are going to pray, read a scripture, talk about service, draw a Service Prompt Card, and choose one real thing we can do this week.

**Rebecca:** Before we begin, let us choose our roles. Emma, would you like to read the scripture?

**Emma:** Yes. I can read about the Good Samaritan.

**Noah:** Can I draw the card from the basket?

**Gran Margaret:** That sounds like a good job. I can help write the plan if you like.

**Narrator:** Emma reads the chosen scripture aloud.

**Daniel:** What did the Samaritan do that made his kindness real?

**Emma:** He stopped. He did not just feel sorry and keep walking.

**Noah:** He used his own things to help.

**Gran Margaret:** And he made sure the man would still be cared for after he left.

**Daniel:** Noah, please draw a card.

**Noah:** The card says Prepare: What useful thing could we prepare for someone else?

**Rebecca:** The Larsen family have a new baby. We could make a small care basket with nappies, fruit, a simple meal, and a card.

**Emma:** I can write the card. Noah can draw something happy on it.

**Gran Margaret:** I can phone first and make sure it is a good time to drop it off.

**Daniel:** Then our family action is this: on Thursday evening we will prepare a care basket for the Larsen family and deliver it after checking the time with them.

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# Family Service Plan

*Write one plan that can actually happen this week.*

**Person or family we hope to serve**

**What need have we noticed?**

**What will we do?**

**Who will help with each part?**

**When will we do it?**

**How will we follow up?**

**Closing reflection:** After the service is done, gather for two minutes. What did we notice? What felt difficult? What would we do differently next time?

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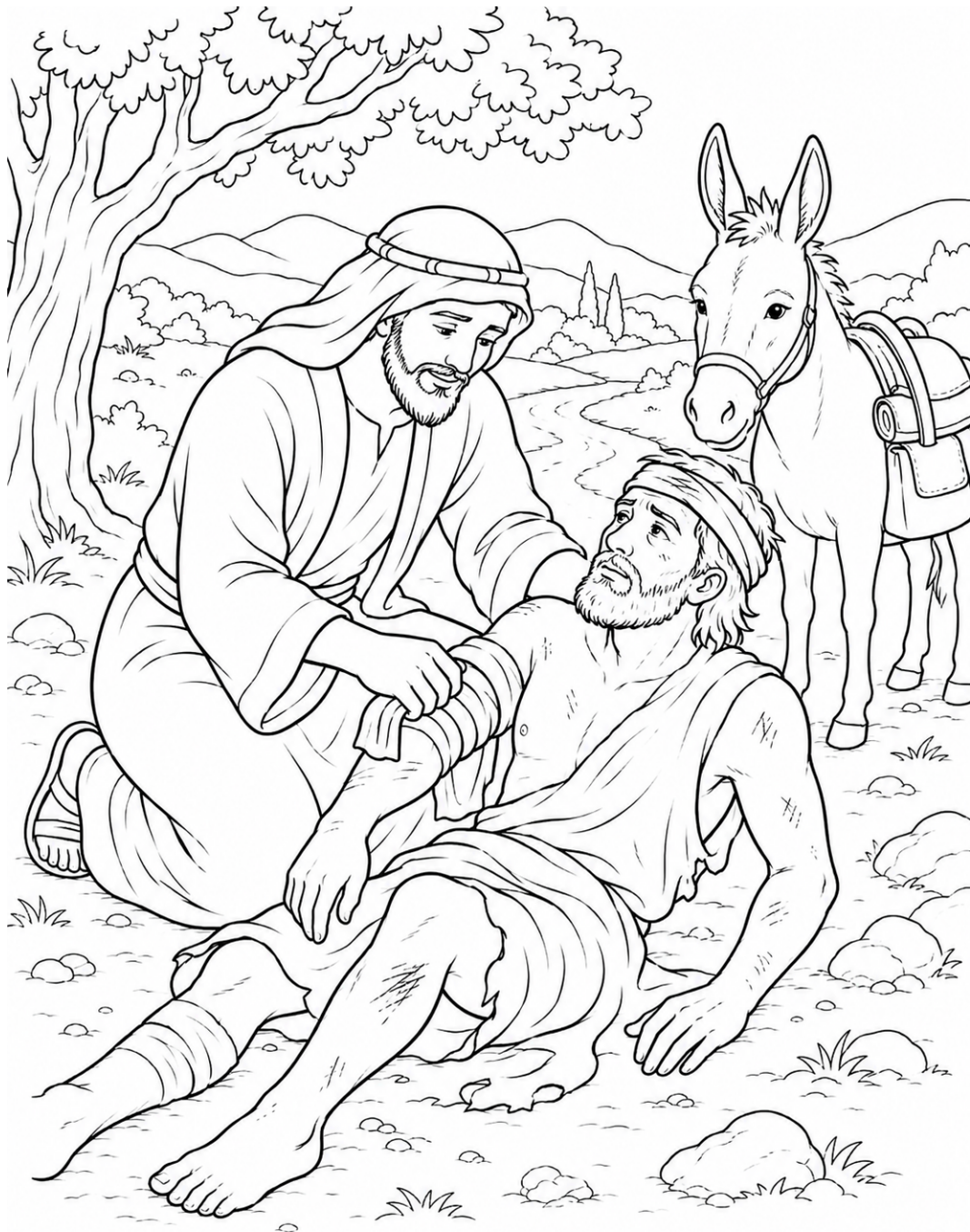
# Adaptations for Different Families

Family situation	Simple adaptation
Younger children	Let them draw a card, choose an item for a basket, carry a small note, or say one sentence in the prayer.
Teenagers	Invite them to suggest realistic needs, send a message, prepare food, help with transport, or organise a quiet act of service.
Grandparents	Let them share a memory of service, make a phone call, help write the note, or guide the family in kindness without taking over.
Couples	Choose one neighbour, friend, ministering family, or branch member and agree on a practical act you can do together.
Small households	Keep the activity short. One scripture, one question, one card, and one clear act of service is enough.
When resources are limited	Choose service that costs little or nothing: a call, a note, a walk with someone, tidying chairs, helping carry bags, or checking in afterward.

**Gentle reminder:** Service should never become a performance or a burden. Choose a kind act that protects dignity, respects privacy, and can be completed peacefully.

# Bonus Colouring Page

*The Good Samaritan - a scripture-inspired colouring page.*



# Bonus Colouring Page

*Serving together - a family service colouring page.*

