

# FAST for CHANGE



## CHILDREN'S OBJECT LESSON

### Helping People to Feed Themselves

**Needed:** table and two chairs  
loaf of bread  
twine  
strong scissors

**Preparation:** Set up a table and two chairs in the area where you will tell the children's story. Place the loaf somewhere where the children can see it, but not on the table. Also beforehand, choose two volunteers from an older group (perhaps the youth) and enlist them for the activity. You may need them to help guide the children in discussion.

Ask the two volunteers to sit at the table and then tie their hands and arms so that they cannot reach anything on the table. You might choose to get the children to help tie them.

Then say to the group, "Justin and Caitlin are hungry. We want to see that they get something to eat. Now, is there any food for them here?" Hopefully, the children will see the loaf of bread and suggest that you give it to your volunteers. You may have to gently guide the discussion, or let "Justin" or "Caitlin" mention it. (Try to give the children plenty of opportunity to come up with the answers themselves.)

When the children are aware of the loaf and agree that it should be given to the two, ask one of the children to place the loaf on the table. Then say, "We have found something for you to eat, Justin and Caitlin. Now you may eat." With any luck, someone will point out that they can't eat because their hands are tied. You might instruct your volunteers to wait a moment and then say something to that effect, if the children don't suggest it. Then tear off a piece from the loaf and place some bread in the mouths of your volunteers. You might ask a couple of the children to do the same. (Make sure it's someone you know will be gentle.) "Is that better?" you might ask. "Have we done everything we can do to help them eat?" Again, hopefully, someone will suggest that they could feed themselves if you untied them. If no one thinks of this, get the scissors out and say, "What if we got them out of this twine? Then they would be able to feed themselves." Then cut them loose.

As Justin and Caitlin proceed to feed themselves, briefly explain to the children that these two are like many of the world's hungry people; they like to be able to feed themselves, and they know how. But many kinds of problems keep them from doing it. Maybe they don't have enough money to buy seeds. Maybe they don't have access to land to grow their own food, or to a market where they can sell it. Maybe they need a well to water their crops. Maybe they need a farm animal to help with plowing or to provide milk or eggs. Explain to the children that, just like with Justin and Caitlin, the best way to help hungry people is to help in such a way that they can help themselves. You might want to mention some of the ways your congregation already does this. You might suggest that the children give their own money to help someone in this way.

— written by Katie Cook, based on a Thanksgiving resources published by the Sharing Way office of Canadian Baptist Ministries in Mississauga, Ontario. Included in *There was no one needy among them*, on the website of the **Christian Reformed World Relief Committee**.  
<http://www.crwrc.org/pages/crwrc.cfm>