

**TODAY'S TOPIC:
Who Supports Me?**

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age, but could be adjusted as needed.



THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

Support means to hold up, to give help, to encourage, to comfort. Can you think of someone who supports you?

Lesson

Materials	Things to Prepare	Today's Goal
•	• N/A	There are always people who can help and support you.

SAY: Support is when someone holds you up like when you are scared, to help you when you need it, to encourage and tell you you can do things, and to comfort you when you are feeling sad, anxious or overwhelmed.

ASK: Who are some people who might support you? Take all answers. Ideas if needed: parents, grandparents, brothers, sisters, friends, teammates, teachers, people in your spiritual community, people who have the same interests or hobbies as you. God and Spirit are everywhere and inside of you, always with you to help you feel supported, encouraged and comforted.

ASK: How does it make you feel when you are supported? Ideas: like you can try new things, like you are safe, like things will be okay.

ASK: Who are some people you support? What are some ways you can support them? Ideas:

- Tell them when they do a good job. I'M PROUD OF YOU. YOU ARE REALLY GOOD AT... I LIKE THE WAY YOU...
- Listen to them. Do you like it when someone listens to you?
- Find things that bring laughter and fun.
- Use encouraging words. YOU CAN DO IT! I BELIEVE IN YOU. YOU

ARE AMAZING!

- Let them know you are here to talk if they want.
- Share love. Sometimes all you need to feel supported is a smile or a hug.
- Encourage them to ask for help.

SAY: You can ask for support for yourself. You can ask for a hug, or for someone to listen or encourage you. You can ask for help and tell others what you need.

AFFIRMATION – I have all the support I need all the time. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .