

Children's Sunday School

Sunday's from 9:45 – 10:30am

Children's Sunday School with Kim Ridenour is offered in-person and virtually every Sunday from 9:45-10:45am for children ages 6-18. For more information, contact Kim Ridenour at miskim@myactv.net or the Church Office at 301.739.7244. Those wishing to participate virtually can join by Zoom by going to <https://zoom.us/join> or calling 301.715.8592, and when prompted, enter Meeting ID: **865 7471 1577** and Passcode: **YouthSS**.

Children's Church

Available In-Person Only

Children's Church is available during worship for those worshipping in-person after the Children's Moment is over in Sunday Worship.



Worship @ 11 am Sunday Mornings in-person at



Zion Reformed United Church of Christ
201 N Potomac Street
Hagerstown, MD 21740
www.ZionReformed.church

or virtually at <https://zionreformed.church/sermons>

Hearing God's Word:



Today we celebrate Mental Health Sunday, a day for churches to remember to welcome all people to God's house no matter who they are just as Jesus did. Some of the scriptures we will be exploring include Psalm 34:18; Galatians 6:2; Hebrews 10:25; and Luke 10:25-37.

The Good Samaritan

(Luke 10:25-37, International Children's Bible®, ©2015 by Tommy Nelson Inc)

Then a teacher of the law stood up. He was trying to test Jesus. He said, "Teacher, what must I do to get life forever?" Jesus said to him, "What is written in the law? What do you read there?" The man answered, "Love the Lord your God. Love him with all your heart, all your soul, all your strength, and all your mind." Also, "You must love your neighbor as you love yourself." Jesus said to him, "Your answer is right. Do this and you will have life forever." But the man wanted to show that the way he was living was right. So he said to Jesus, "And who is my neighbor?" To answer this question, Jesus said, "A man was going down the road from Jerusalem to Jericho. Some robbers attacked him. They tore off his clothes and beat him. Then they left him lying there, almost dead. It happened that a Jewish priest was going down that road. When the priest saw the man, he walked by on the other side of the road. Next, a Levite came there. He went over and looked at the man. Then he walked by on the other side of the road. Then a Samaritan traveling down the road came to where the hurt man was lying. He saw the man and felt very sorry for him. The Samaritan went to him and poured olive oil and wine on his wounds and bandaged them. He put the hurt man on his own donkey and took him to an inn. At the inn, the Samaritan took care of him. The next day, the Samaritan brought out two silver coins and gave them to the innkeeper. The Samaritan said, 'Take care of this man. If you spend more money on him, I will pay it back to you when I come again.'" Then Jesus said, "Which one of these three men do you think was



Do to others as you would have them do to you.

a neighbor to the man who was attacked by the robbers?" The teacher of the law answered, "The one who helped him."

Family Reflection: *Won't You be My Neighbor?*

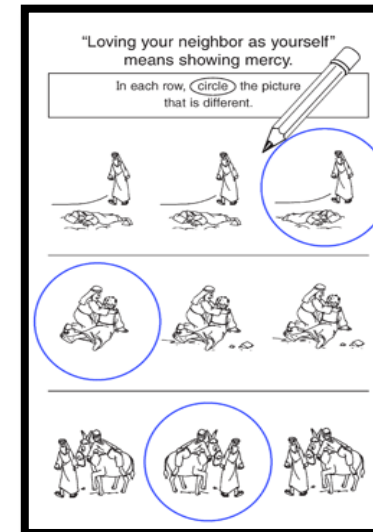


Perhaps you have heard of Fred Rogers. He is better known as "Mr. Rogers" and he once had a television show called "Mr. Rogers' Neighborhood." Every show began the same way. Mr. Rogers would enter his home, take off his jacket and shoes, and put on a sweater and comfortable tennis shoes while singing his theme song "Won't You Be My Neighbor." The song started out like this: *"It's a beautiful day in this neighborhood, A beautiful day for a neighbor, Would you be mine, Could you be mine...."* And it ended like this: *"Won't you be my neighbor, Won't you please, won't you please, Please won't you be my neighbor."*

When Mr. Rogers died several years ago, he had millions of "neighbors" all over the world and, although he was quite famous, he never thought of himself as a TV star. He said, "I always thought I was a neighbor who just came in for a visit." Mr. Rogers knew what it meant to be a good neighbor. In the parable of the Good Samaritan we heard about a man that was robbed, beaten and left to die on the side of the road. He was injured badly but no one would help him, they were too busy. The priest did not help, nor the Levite that worked in the temple.. No one helped him until a Samaritan passed through. The Samaritan was different, he let compassion guide him, even though he was different and not accepted by the Jews. He stopped and helped anyway. He realized this man was his neighbor and that he needed help, so he did what neighbors do, he helped him showing him love and compassion.

The world is full of people today who are in desperate need of a neighbor. "Won't you be my neighbor?" they ask. Just as the good Samaritan in the story helped the one in need, Jesus says to you and me, "Go and do the same."

Answer Key:



What is Mental Health Anyway?



Today we are celebrating Mental Health Sunday at church. It is a time for us to provide education and support to our members around mental health challenges, and a day that challenges us to help reduce stigma (negative views) that many people have about mental health and mental illnesses. When we talk about "Mental Health" we are talking about taking care of our brains so that we can be healthy. It's important that we take good care of our brains by getting enough sleep every night, eating healthy food and getting plenty of exercise. But sometimes, even though we try to be healthy, we still get sick. Many people get sick with a cold or the flu, but only a few people get really sick with something serious like pneumonia. When you have a cold, you don't feel good and you might stay home from school to rest. Tissues come in handy for those days. But usually after a day or two you will feel better again. But when a person is sick with pneumonia, they have to take medicine and may have to go to the hospital.

Lots of people feel sad or anxious, or they worry. We can feel crabby and have trouble sleeping. But, when these feelings get very strong, last for a long time and begin to hurt our school attendance, work, and friendships, it might be a sign of a mental illness, something is happening in one's brain. We need to pay attention. The good news is that people with mental illness can get help from doctors; they can get medicine and talk to a counselor. Today we also want to celebrate all the doctors, nurses, therapists, and counselors that help people be healthy. We want to pray for our church, too, where people are welcome as they are and can find strength together as we worship, learn, and serve. The thing to remember is that God loves us when we are sad and when we are happy, when we are sick and when we are healthy. God loves us all the time...no matter what.



Family Discussion:

The parable of the Good Samaritan is a great example of how we are to love everyone, even those different than us or that society teaches are less than. Jesus tells us that everyone deserves God's love and love and compassion from each of us. It is also a great example of why we celebrate Mental Health Sunday. Mental health is just like caring for our bodies (physical health) except it is caring for our brain. And just like we should not look down on someone with a physical handicap, we should not look down on someone struggling with a mental illness. Instead, God tells us to show compassion and embrace them, welcoming them as we should do for all people. Many of us struggle with a mental illness in some manner: depression, anxiety and so forth but we are still loved by God and we are to follow God's example through Christ to love also.

Questions to Discuss Together:

What is depression? Anxiety?

Do you know of other types of mental illnesses?

What is stigma and why is mental health stigmatized?

Have you met someone with a mental illness?

How did you treat them? How did others treat them?

How do you feel when someone treats you with love and respect?

A Prayer to Say Together:

Dear God,



Dear God, thank you for Mental Health Sunday. Thank you for our amazing brains. Help us to take care of our mental health and to take care of each other. Help us to also always be a good neighbor to everyone we meet as Jesus taught us. Amen.

Family Activities:

Here are some activities you can do together as a family and discussion ideas to explore God's Word together.

Neighbor Hearts: Cut out 3 hearts the same size. Place vertically and glue the top heart with the heart "point" facing down and the next 2 hearts upside down to look like the body. Color eyes and a smile on top heart. Print LOVE YOUR NEIGHBOR. When finished think of a neighbor or someone you know to give it to.




Heart Shaped Cookies: Plan to make some heart shaped cookies together as a family. Decorate them with your favorite food decorations and give to a neighbor. Don't forget to make enough to have some to eat during your family discussion too. Or save them to watch the Mister Rogers movie or find an old series episode to watch together.

Connect with God Together: Write or draw on a piece of paper the things that have made you feel loved and the things that make you feel unloved. Talk about why and how those same things make others feel the same way and what God's definition of neighbor is. Then pray together for guidance to be more loving.

Love Your Neighbor Challenge: Look for ways to show love to your neighbor. The homeless or someone different than your family in some way. Donate clothes or unused items to the shelter or someone in need. Look for ways to serve the community together as a family.



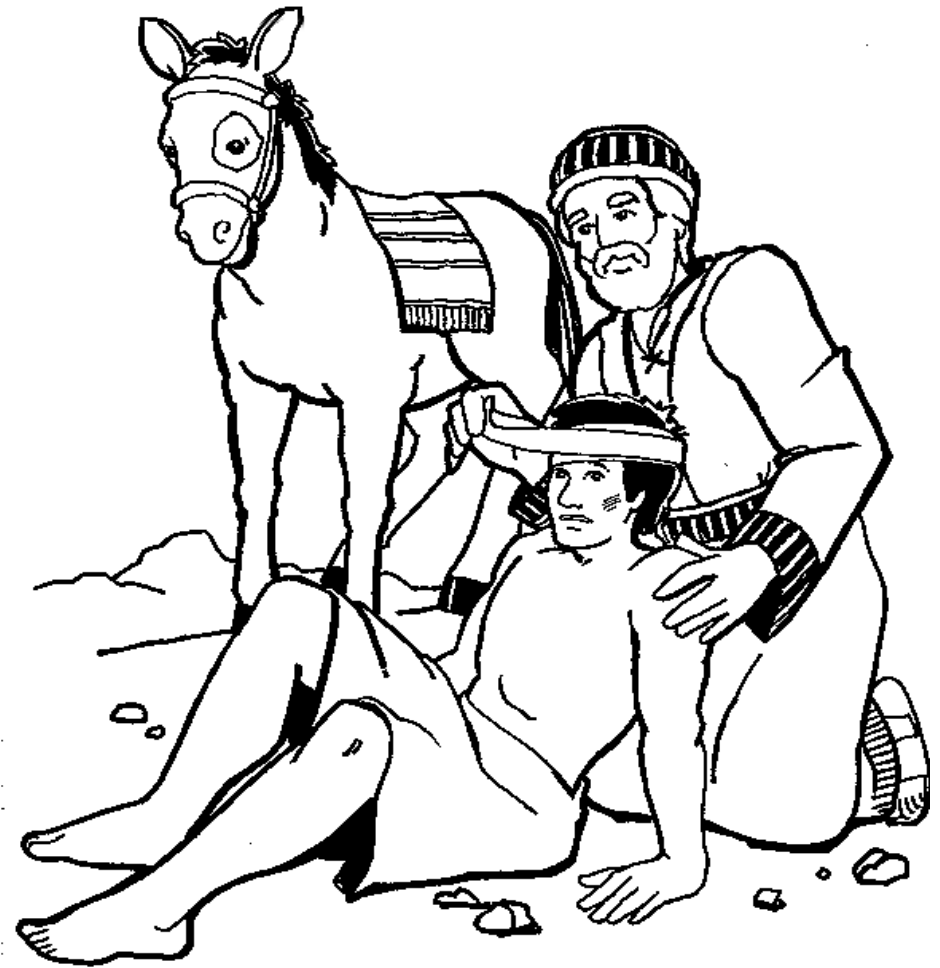
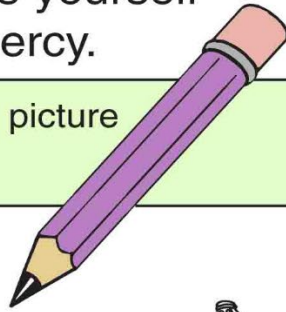
Jesus said, "Go and do likewise."

Draw a  around the good neighbors.



“Loving your neighbor as yourself”
means showing mercy.

In each row, circle the picture
that is different.



The man replied, “The Scriptures say, ‘Love the Lord your God with all your heart, soul, strength, and mind.’ They also say, ‘Love your neighbors as much as you love yourself.’ ”

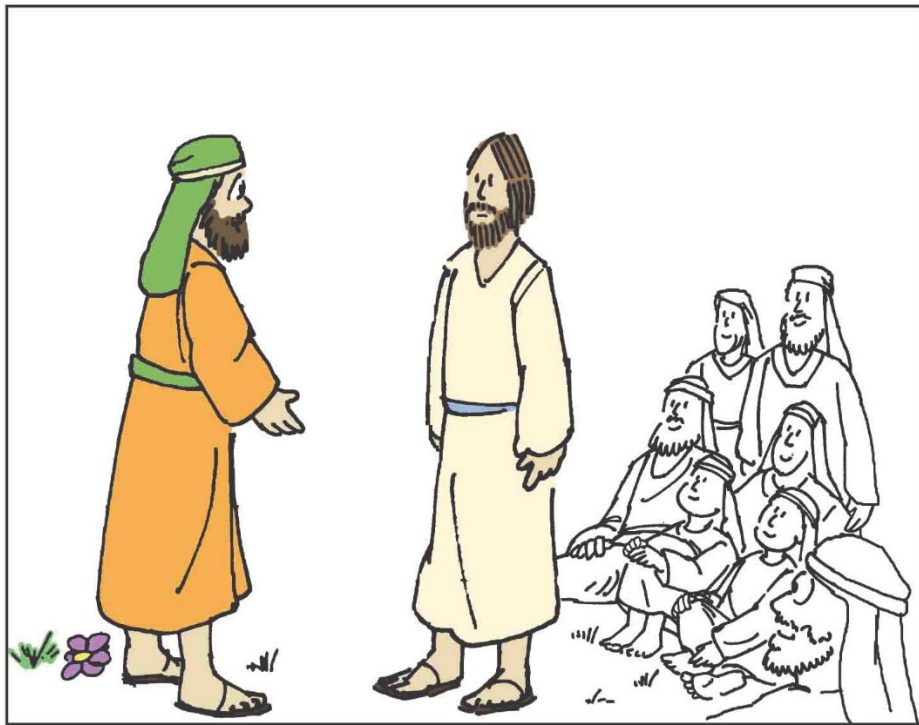
~ Luke 10:27 ~

The Parable of the Good Samaritan

A man asked Jesus, "Who is my neighbor?"
Jesus answered with a parable.



Add these things to the picture.



Enter your **SECRET CODE** to unlock games @
games.childrensbulletins.com

SECRET CODE!
DRESV2

A man was left for dead.
3 people had a chance to help.
Which one was a good neighbor?

Trace the words. Circle the word
and picture of the good neighbor.

priest



Levite

Samaritan

