

SABBATH SCHOOL

Jr. High School Sabbath Instruction Program — Teacher's Outline

Level J • Unit 4 • Week 4

CARING

OBJECTIVE:

To learn the importance of being a caring person.

DEFINITION:

To be caring: Be kind. Be compassionate and show you care. Express gratitude. Forgive others. Help people in need. Be concerned and help make your school and community better. Cooperate. Be a good neighbor. Obey laws and rules. Respect authority. Protect the environment.

INTRODUCTION:

Do you care? "I don't care!" She is a caring person. God cares for His children.

Question: What does it mean to be caring? [Discuss ideas.]

To be caring is to show love, regard and concern for the well-being of others.

LESSON:

Discussion:

Consider each of the following attributes. How do they express caring for others?

- Compassion (sorrow or concern for another with a desire to help out).
- Empathy (the ability to share in another person's emotions, thoughts and feelings).
- Kindness (the ability to sympathize with another person's feelings and do something good).
- Considerate.
- Charitable (give money, time, support and comfort to help another, without concern for praise or gratitude).
- Thankful (feelings and expressions of being grateful for what others/God do for you).

- Forgiving of others' mistakes against you (caring about other's attempts to improve).
- Helpful. ("The best portion of a good man's life are his little nameless, unremembered acts of kindness and love"—Wordsworth.)

Would you say that a person of character has these traits?

President Woodrow Wilson once said, "If you think about what you ought to do for other people, your character will take care of itself."

What would you say about a person who is busy in his or her own selfish life? How does he or she respond to others?

- Selfish, self-centered, thoughtless.
- Too busy to listen, lend a helping hand or give support.
- Insensitive.
- Mean, cruel.
- Unthankful.

These are becoming the typical mentality of our society.

2 Timothy 3:1-4: "But know this, that in the last days perilous times will come: For men will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, unloving, unforgiving, slanderers, without self-control, brutal, despisers of good, traitors, headstrong, haughty, lovers of pleasure rather than lovers of God . . . from such turn away."

Gangs and terrorists commit atrocities without feeling. They have no emotional response, no CARING!

But people of character are very different.

"A person who really cares feels an emotional response to both the pain and the joy of others."

You and I were called by God to think and live as CARING people, children of a LOVING, CARING Father.

Colossians 3:12-13: "Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering; bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do. But above all these things put on love, which is the bond of perfection."

What is this "love" that the Bible speaks of? The Greek word translated "love" is *agape*, which means brotherly love, affection, good will, love, benevolence (*Thayer's Greek Lexicon*). In other words, love is CONCERN coupled with ACTION, not just good wishes or feelings.

Discussion:

How can you be a caring person toward:

- God?
- Family?
- Friends?
- Environment?
- Community?
- School?
- Employer?

These are all aspects of being a GOOD CITIZEN of:

- Planet Earth.
- God's Church.
- God's Kingdom.

1 Peter 2:17: "Honor all people. Love the brotherhood. Fear [deeply respect] God. Honor the king."

CONCLUSION:

John Wesley once set a goal for all people of character:

*Do all the good you can,
By all the means you can,
In all the ways you can,
In all the places you can,
As long as ever you can.*

Make it a goal to do at least one "random act of kindness" for someone each day.