

Care Kits

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Families can prepare to answer Jesus' call to provide for people in need by assembling kits of personal care items and snacks to offer to individuals who are asking for help. Keep a few bags in each car so they are ready to give to those in need.

For
Teen Family

Season

Fall

Needed

Bible, money to purchase items for care kits, gallon size zip-seal plastic bags, 3" x 5" index cards, pens

Prepare in Advance

- Mark Matthew 25:34-40 in your Bible.
- If you will not have time to shop together, ask another family member to help you choose items from the suggestions in Step 3 below and purchase them before you gather for this activity.

Activity Plan

1. Gather the family and ask someone to read aloud Jesus' words in Matthew 25:34-40 from your Bible (or see the text below). Take a moment to discuss the meaning of Jesus' words. Ask: Which people do you think Jesus would tell us to help today?

Matthew 25:34-40

Then the King will say to those on his right, "Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me."

Then the righteous will answer him, saying, "Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?"

And the King will answer them, "Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me."

2. Mention that it is good to be prepared to respond when we see people in need. Explain how you will assemble Care Kits with essential items for people you see asking for help on the sidewalk or the side of the road.
3. Decide how many Care Kits you want to make, perhaps four or five per car. Together, choose which items to include, consulting the list below as needed. Talk about how you will pay for them. (Will you



use money you might have used for eating out or going to a movie or for family allowances this week?) Go shopping at a discount or dollar store and purchase the items.

Ideas for Care Kit contents:

- Toothbrush
- Toothpaste
- 5 adhesive bandages
- Antibacterial wipes or hand gel
- Comb
- Deodorant
- Travel size facial tissue
- 3 granola bars or small bags of nuts
- Bottle of water
- Tube socks
- Washcloth

4. Work together to assemble Care Kits in gallon size zip-seal plastic bags.
5. Into each kit, place an index card with an encouraging message, such as “God bless you” or “God’s peace be with you.”
6. Gather around the completed Care Kits. Have someone pray this prayer aloud:

God of love, open our hearts to heed your call to extend your love to others in tangible ways. Bless the people who receive these Care Kits. As we look into their faces, help us to see them as your beloved children. Help us to always be prepared to serve you and love our neighbors. Amen.

