

B. With an adult, choose one thing in your life which Jesus has promised to help you improve. With His help, pray, plan, and work together to reach your goal.

1. Pray that God will help you make a good choice.

2. Name one thing in your life that you know God would like to help you improve. Tell exactly what change you want to make.

3. Use your concordance to find and read what the Bible has to say about this. Write a text that promises God will help you. _____

4. List steps that will help you make this change. _____

5. Memorize the promises you wrote.

- Every morning, ask God to give you a new heart and ask Him to help you want to do what is right.
- When you are tempted, repeat your promise, then choose to do or think about something else.

6. Be patient. Changing a habit is hard work. If you make a mistake:

- Ask God to forgive you
- Think about what you will do different next time.
- Thank God for all the times he has helped you do it right

7. Meet with your adult leader at least once a week. Pray and talk about how it's going.

8. Work together for three weeks or more; until you are meeting your goal consistently. Have a celebration and thank God for His faithfulness.

_____ is consistently reaching his/her goal.

Helping Hand's signature _____

Adult Helper's signature _____

Suggestions for Parents or Leaders

You or another adult can be a great encouragement to the Helping Hand as she/he learns how to work with God to become like Him.

- Carefully help him/her choose a goal that is worthwhile and reachable.
- Provide lots of encouragement for small improvements.

- Consider working on a similar project of your own so you can relate to the child's experience.

A parent, teacher, pastor, Sabbath School leader, Adventurer staff person, or adult Christian friend may serve as an adult helper.