

# Warm Hearts and Feet

By Ruth Hanley



Observe Martin Luther King, Jr. Day of Service—held on the third Monday of January—with your family. Warm the hearts and feet of people seeking help from emergency shelters with socks and personal hygiene supplies.

## For

Young Family

## Season

Winter

## Needed

Gallon zip-seal plastic bags, socks and other supplies requested by the organization you are helping, Bible; optional: plain paper, crayons



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## Prepare in Advance

- Contact a church or community organization that provides emergency shelter for people who are homeless. Ask what personal hygiene supplies they need most. Could they also use socks? Ask if they would like you to assemble these items in personal “comfort kits” to be given to individuals.
- Decide if you will gather the items to donate ahead of gather them as a family.
- Make an appointment to take your family to deliver the supplies you gather and speak with someone who works there.
- Mark your Bible at Luke 12:6-7.

## Activity Plan

1. Say this prayer aloud to begin.

*Dear God, you love each person in our family. Help us to work together and show your love to others. Amen.*

2. Have a family member read aloud Luke 12:6-7 from your Bible or the following text:

*Are not five sparrows sold for two pennies? And not one of them is forgotten before God. Why, even the hairs of your head are all numbered. Fear not; you are of more value than many sparrows.*

3. Affirm that each person is important to God and that your family can help to care for God’s people who are facing a challenging time.
4. Report on your conversation with the church or community organization you will be helping. Tell what items are needed by the people served by this group. If you have not gathered these items ahead of time, brainstorm ways to get them: Will you buy them at a store? Will you ask other family members or neighbors to provide some of the items? Will you look in your own cupboards for the items?
5. Once you have the items, talk with family members about why these things are important to people living in shelters. Assemble the items in gallon zip-seal bags according to the wishes of the church or organization that will receive them—putting all like items together in separate bags or putting one of each item in a bag to make a personal comfort kit.



6. Deliver the supplies to the church or community organization. Encourage your child(ren) to ask any questions they have.
7. Back at home, invite family members to tell what they liked about this project. Discuss how serving others helps you to learn more about being God's people. Explain that you will not know who receives the supplies you gathered, but you can pray for these people. Pray aloud:

*Lord, please be with all the people who receive the supplies we gathered. Hold them close and help them to feel safe and warm this winter. Help them to find good things in this wonderful world that you have created. Amen.*

8. Variation: If you are making personal comfort kits, help your child(ren) draw pictures of God's creation and insert one picture in each kit. On each picture, you may want to write a Bible verse (such as Psalm 121:7-8 or Psalm 46:1) or other message (such as "God bless you" or "With prayers for your safety, shelter, and warmth").

