

## **Lesson 25 - God gave us a mind, heart and body**

### **Aims**

- \* To learn that God gave us a mind, heart and body to use for goodness
- \* To learn what it means to be good

### **Materials**

- \* The Bear Who Didn't Care, from A Child's First Steps to Virtues, by Emily Hunter
- \* visual aids - large pictures of the story
- \* pictures to colour
- \* scissors, glue

### **Lesson Outline**

1. Introduction
2. The Bear Who Didn't Care
3. Some Questions
4. Activities - act out the story, colour a picture
5. Review aims
6. Prayer

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### **1) Introduction**

- \* God gave us a mind to know. We go to school to learn to read and write. God also wants us to know what is right and wrong.
- \* He gave us a heart to feel. We can feel happy, sad or angry. Most of all God wants us to feel love in our hearts.
- \* He gave us a body to do many things - walk, jump, run, stretch, bend and carry. He also wants us to do good things with our body, such as helping others.
- \* God wants us to use our mind, heart and body for goodness. With our mind we need to know what is good. With our heart we need to love what is good. With our body we need to do what is good. Today's story shows us how to use our mind, our heart and our body in a good way.

### **2) The Bear Who Didn't Care**

Benjamin the Bear is happy, because he is going to the fair. On the way there, several people need his help, but he ignores them. He only thinks about his own happiness. After the fair, things go wrong when a robber takes everything he has. On his way home he meets the same people he refused to help earlier in the day. When he asks them for their help, they refuse. Benjamin feels

miserable. Finally, he meets the same old man he refused to share his umbrella with. But the man shows Benjamin kindness by inviting him to his home and giving the bear some food and drink. Such kindness moves his heart. He also reads some words from the old man's book, that tell him how he should treat people. He feels very sorry for his own wrong attitude. What he learns from his mistakes is to do to others as he would have others do to him.

In the story Benjamin's mind, heart and body are very self-centred. His mind thinks about himself first. His heart is insensitive to the needs of others. And he doesn't do anything with his body to help others. Later he changes. Reading the golden rule (do unto others) brings a change in his heart and mind and his actions. He decides that helping and caring about others is the right thing to do and what brings real happiness

### **3) Some Questions**

Why did the bear feel happy at the beginning of the story?

Who asked him for help?

What did he think, feel and do when they asked for help?

What happened to the bear after the fair?

What did he think, feel and do?

What did he ask the farmer, the woman and old man?

What did they think, feel and do?

What happened in the old man's house?

At the end of the story how did the bear change?

### **4) What can we learn from the story?**

The bear was happy at the beginning of the story, but because he only thought about himself, things went wrong. He didn't care for others and did nothing to help. At the end of the story he learned that if he wants to be happy, he has to think about other people's needs, care about them and do something to help them. He learned the Golden Rule . *Do unto others as you would have them do unto you.*

### **5) Activities**

Act out the story

Colour pictures, paste words

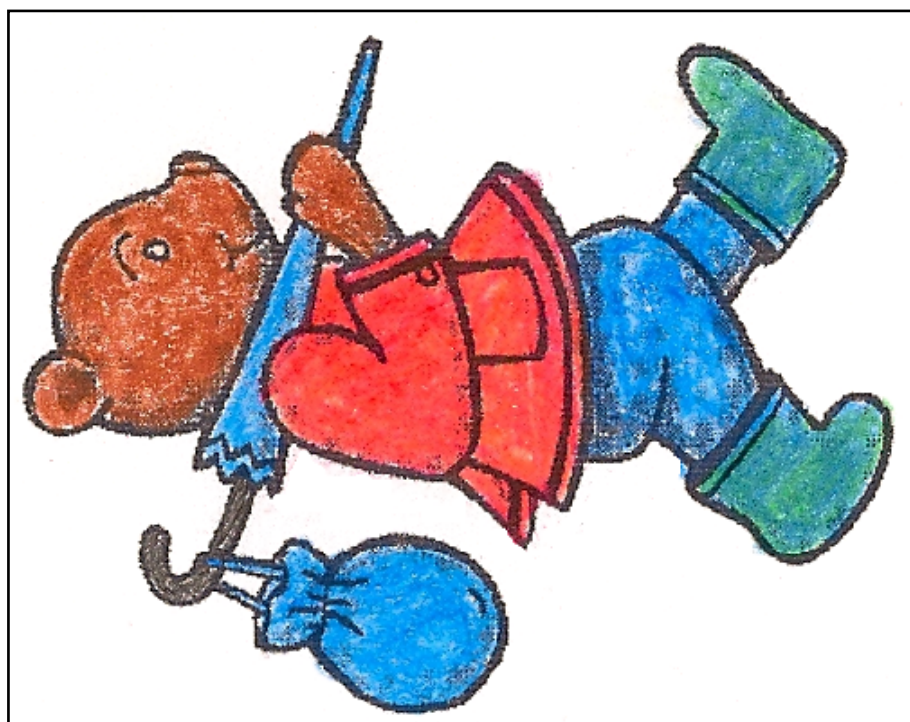
### **6) Review the aims of the lesson**

\* To learn that God gave us a mind, heart and body to use for goodness

\* To learn what it means to be good

### **7) Prayer**

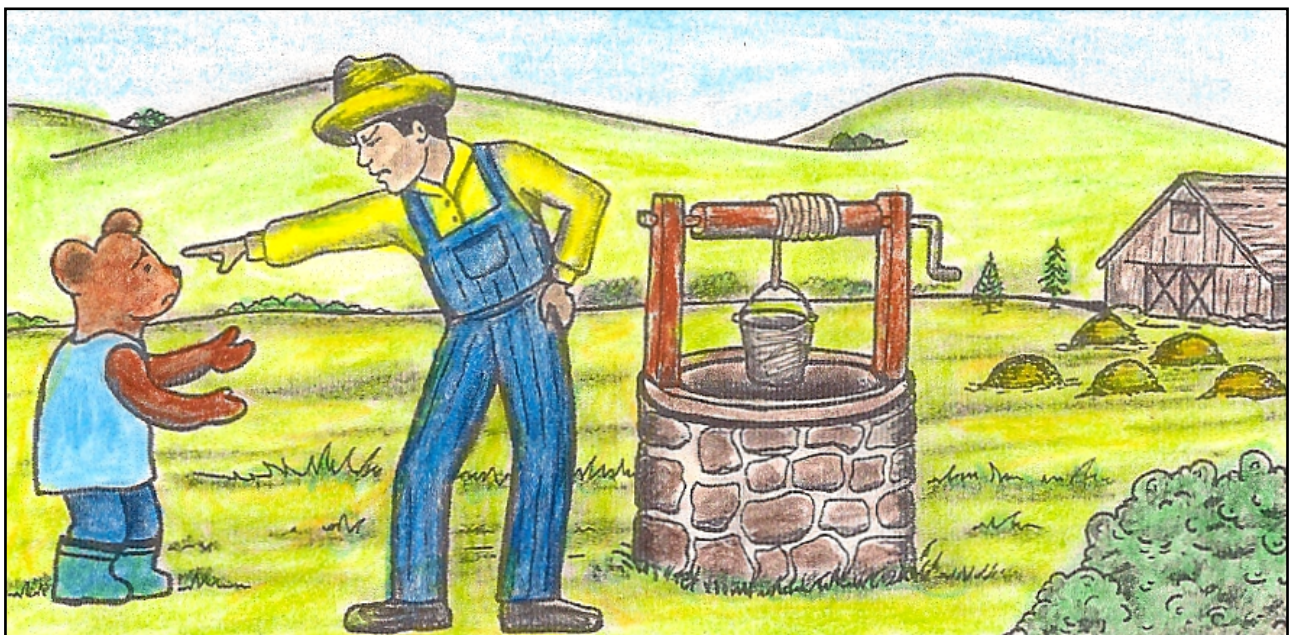
Say a prayer to thank God for giving us a mind, heart and body, so we can grow to be good and happy.



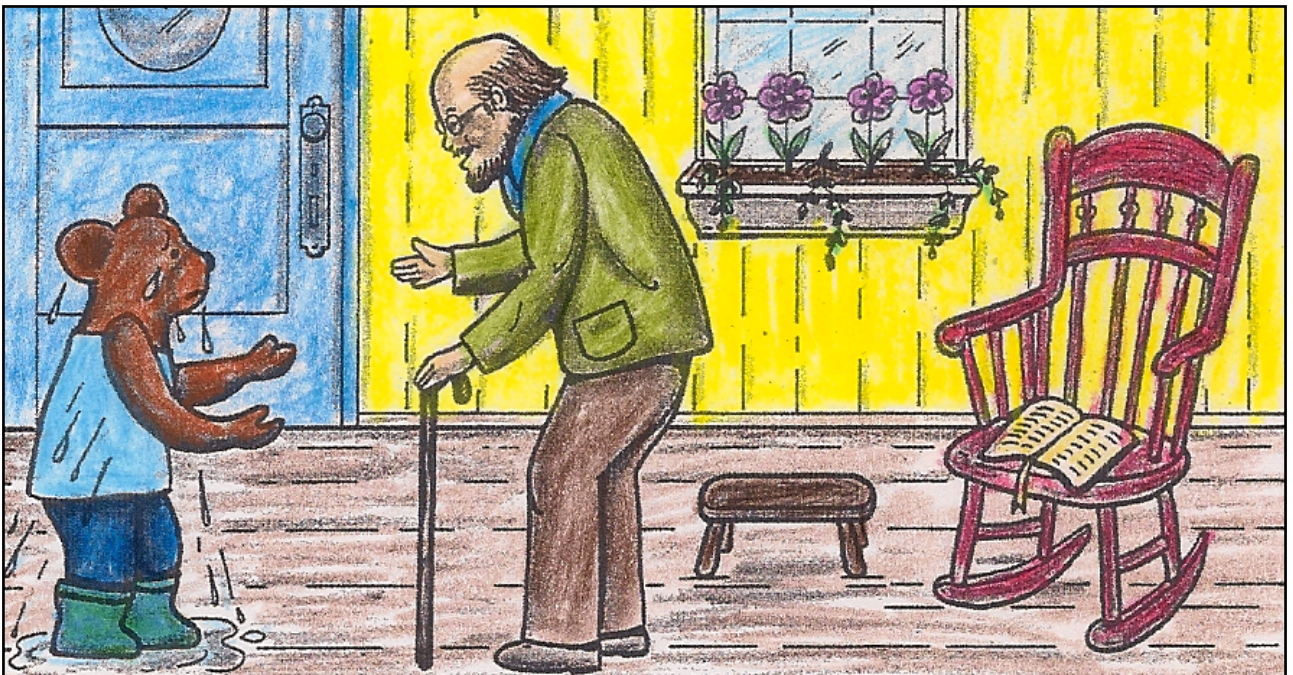




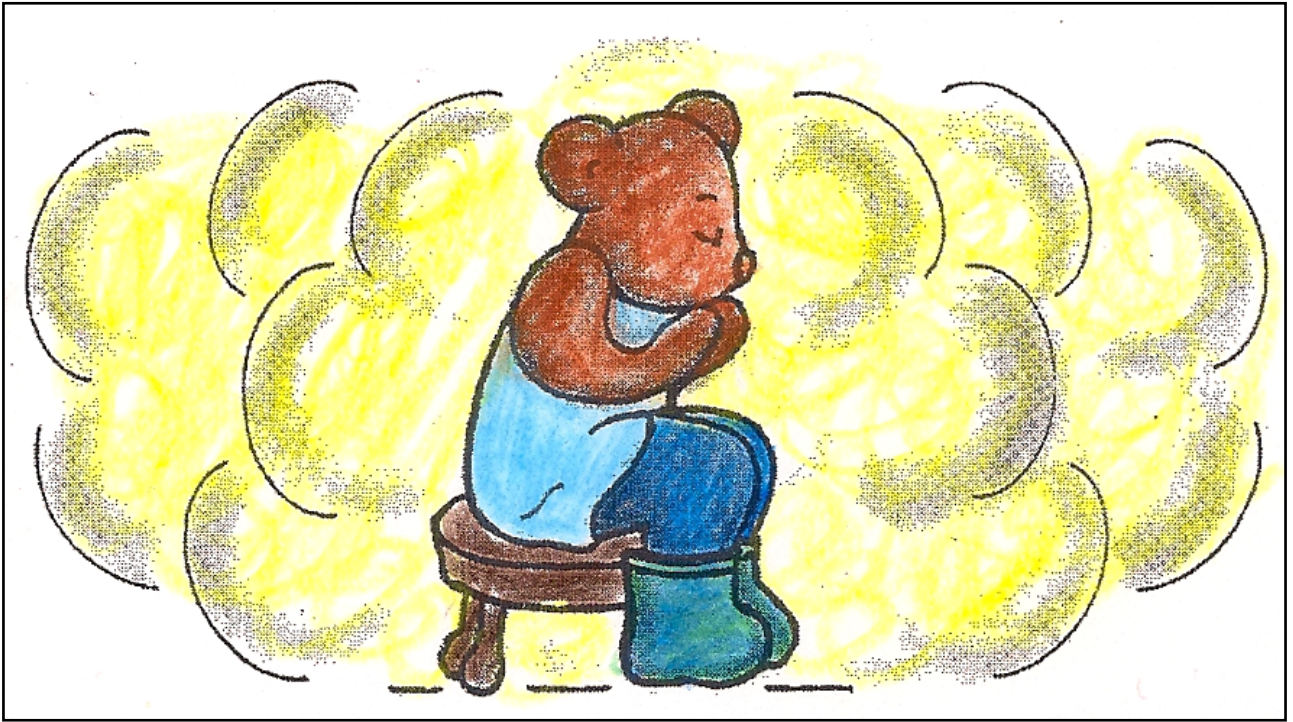












# The Bear Who Didn't Care!

by Emily Hunter



Benjamin Bear was happy, for he was going to the fair. Dressed in his new red jacket, he skipped down the road with his umbrella over his shoulder and his lunch bag swinging from his umbrella handle. Deep within the pocket of his new red jacket were five silver dollars that went "jingle . . . jangle ... jingle" as he bounced along. Benjamin Bear was so happy that he burst out in song ...

*Oh, ho, ho! I'm a very happy bear!  
I've got five dollars and I'm going to the fair!*

As Benjamin was singing, a small drop of rain landed on the tip of his nose. Then another ... and another! Benjamin quickly opened his umbrella just before the rain poured down upon him. Snug and dry beneath his umbrella, Benjamin Bear went happily on his way dreaming about all the fun he was going to have at the fair.

*Oh, ho, ho! I'm going to the fair!  
I'll have a happy time when I get there!*

As Benjamin rounded the corner, he came upon an old man hobbling along with a cane. The rain was pouring down upon the old man's bare head. "Oh, Mr. Bear!" the old man cried. "I'm getting soaked! Would you be so kind as to let me walk along with you beneath your big umbrella?"



Benjamin thought, "This old man hobbles so slowly. I will never get to the fair if I share my umbrella with him." So Benjamin hurried along with his nose in the air singing ...

*I won't help you! I don't care!  
I've got five dollars, and I'm going to the fair!*



Looking back, he saw the poor old man dripping wet in the rain as he hobbled down the road. And Benjamin Bear didn't care. No, he really didn't. *Not a bit!*

Soon the rain stopped and the sun came out again. Benjamin came to a steep hill. He huffed and he puffed as he climbed the hill. When he reached the top, he saw a plump, round-faced woman picking apples from a tree beside the road. When the woman heard footsteps approaching, she turned quickly and upset her basket. The apples went tumbling and bouncing down the road.



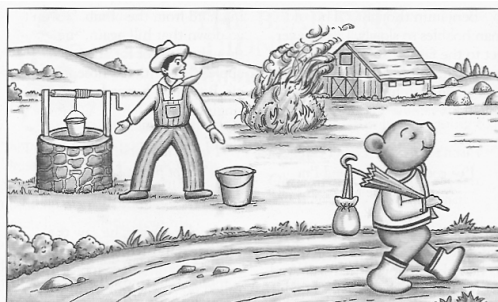
"Quick, Mr. Bear!" the woman shouted. "Help me! Grab the apples!"

Benjamin Bear looked down the steep hill. He was still breathing hard from the climb. "I won't go down that hill again," he thought, "not for anyone's apples!" So with his nose in the air, Benjamin hurried on singing ...

*I won't help you! I don't care!  
I've got five dollars, and I'm going to the fair!*

Looking back, he saw the plump, round-faced woman scrambling after her apples as they rolled down the hill. And Benjamin Bear didn't care. No, he really didn't. *Not a bit!*

Soon Benjamin came to a farmhouse. The farmer was drawing water from his well as fast as he could. His haystack was on fire, and the wind was carrying the flames toward his barn.



"Quick! Mr. Bear, Help me! Grab a pail of water!" shouted the farmer. As the farmer ran with a pail of water, he splashed water all over his clothes. Benjamin Bear thought, "I don't want to splash water on my new red jacket. I want to look nice when I get to the fair!" So with his nose in the air, Benjamin hurried on singing ...

*I won't help you! I don't care!  
I've got five dollars and I'm going to the fair!*

Looking back, he saw the frantic farmer drawing another bucket of water as the wind blew flames toward his barn. And Benjamin Bear didn't care. No, he really didn't. *Not a bit!*

At last Benjamin arrived at the fair. Banners were waving, balloons were flying, bands were playing! Benjamin was excited. "I'm glad I arrived early!" he thought. "I'm glad I didn't let that hobbling old man slow me down in the rain!"

As Benjamin walked through the crowds, he puffed out his chest to make sure everyone saw his new red jacket. "I'm glad I can show off my new jacket!" he thought. "I'm glad I didn't spill water on it trying to put out the farmer's fire."

Soon Benjamin's legs began to feel a little tired. "I'm glad I still have strength to see more sights!" he thought. "I'm glad I didn't wear out my legs running after that old woman's apples."

But now Benjamin Bear was getting hungry. He decided it was time to eat his lunch. He found a quiet spot hidden away from the crowds in a grove of trees.

He hung his umbrella behind him on the limb of a tree. He took off his jacket and laid it carefully beside him so that he wouldn't spill food on it. He reached for his lunch bag. He started to draw out a peanut butter sandwich, but stopped when he heard a noise behind him. Looking around, he saw a robber hiding behind the tree!



Before Benjamin could jump to his feet, the robber grabbed Benjamin's umbrella. He hit Benjamin Bear over the head with it! BAM, , BAM, , , BAM!!! The umbrella broke into pieces.

As Benjamin lay on the ground, dazed and bruised, the robber ran away into the deep woods. Benjamin Bear was finally able to sit up. He looked for his new red jacket. It was gone-and along with his jacket, the five silver dollars he kept in the pocket! He looked for his lunch. It was gone, too. He looked for his umbrella. It lay beside him on the ground, bent and broken.

What could he do now? His head hurt. He was weak and tired. He felt sick all over. There was nothing to do but go home. So Benjamin Bear started walking home, trudging down the same road he had traveled a few hours before. But this time he was singing no happy song. He was carrying no umbrella over his shoulder with a lunch bag swinging from it. He was wearing no fine new jacket with silver dollars jingling in his pocket.

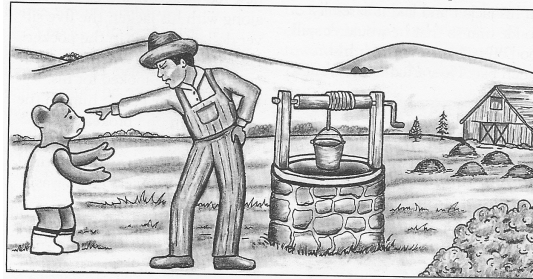
Benjamin Bear turned and looked back toward the fairgrounds. The banners were still waving the balloons were still flying the bands were still playing! Big fat teardrops welled up in Benjamin's eyes and rolled down his cheeks. Benjamin Bear felt very sad as he headed back home.

The road was dusty. The sun beat down upon Benjamin's aching head. His throat was dry. He was very thirsty. Soon Benjamin came to the farmhouse where the farmer had been throwing water on his haystack fire. Benjamin thought, "Oh, how I'd like a drink of that fresh, cool water from the farmer's well!"



When Benjamin spotted the farmer working in his yard, he called to him. "Please, Mr. Farmer may I have a drink of water to quench my thirst?" The farmer scowled at Benjamin Bear and answered him gruffly:

*To quench my fire, you helped me not!  
To quench your thirst ... not one drop!*



Benjamin could see it was hopeless. So down the road he walked, singing a sad song.

*The farmer won't help me.  
The farmer doesn't care!  
Won't anyone take pity on a poor, thirsty bear?*

Soon Benjamin came to the steep hill where the plump, round-faced woman had spilled her apples. Benjamin thought, "Oh, how I'd like to eat one of those big, juicy apples!" He spotted the woman looking over the apples she had picked that day. Benjamin called to her. "Please, lady, may I have one of your apples to eat? I am weak from hunger!" The woman scowled at Benjamin Bear. She replied sternly:

*You helped me not in my time of need.  
You'll get no apple-no, indeed!*



Benjamin could see it was hopeless. So down the road he walked, singing a sad song:

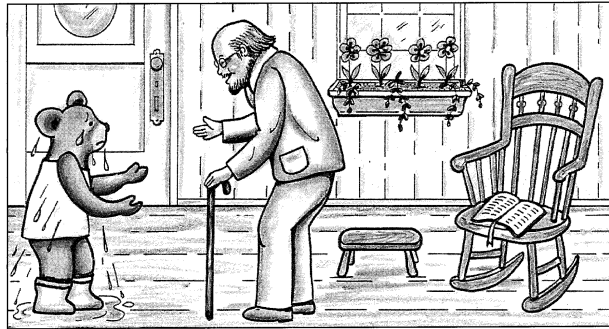
*The woman won't help me.  
The woman doesn't care!  
Won't anyone take pity on a poor, hungry bear?*

Soon the sun disappeared behind thick clouds. The sky grew dark. Thunder clapped overhead. Rain began to pour down on Benjamin's bare head. Not only was Benjamin hungry and thirsty, but now he was also getting drenched in the rain! He noticed a house at the end of a lane. As Benjamin drew closer, he could see a man on the porch, seated in a rocker. Yes, it was the old man whom he had met hobbling along in the rain that morning. Benjamin Bear crept forward cautiously.

The old man rose and greeted him with a smile. "Hello, Mr. Bear!" he said. "What can I do for you?"

"Please, sir," Benjamin began, "I am dripping wet from the rain! Could I just stand under your porch roof until the storm blows over?" The old man graciously pointed to a bench on the porch. Smiling pleasantly, he said:

*Do come and share my porch with me!  
We'll have a sandwich and some tea!*



A sandwich? Some tea? Those words sounded good to hungry, thirsty Benjamin. But Benjamin Bear was puzzled. Why was the old man treating him so kindly? Had the old man forgotten that he had refused to share his umbrella with him that morning?

The old man laid down a big black book he had been reading, and went into the house to fix sandwiches and tea. Benjamin Bear sat down on the bench beside the empty rocker where the man had left the big book. It was spread wide open. Benjamin's eyes lit on some words underlined in red:

*Do unto others as you would have them do unto you.*

Benjamin Bear read the words again thoughtfully. He gulped hard. Is this what the old man believes, that he should treat others the same way he would want to be treated himself? Is this why he was being so kind to him? Benjamin decided it must be so. He sat quietly for a moment. Then he hung his head in shame.

*How sorry he was that he had refused to share his umbrella with the old man! How sorry he was that he'd refused to help gather the woman's spilled apples! How sorry he was that he had refused to help the farmer put out his fire!*



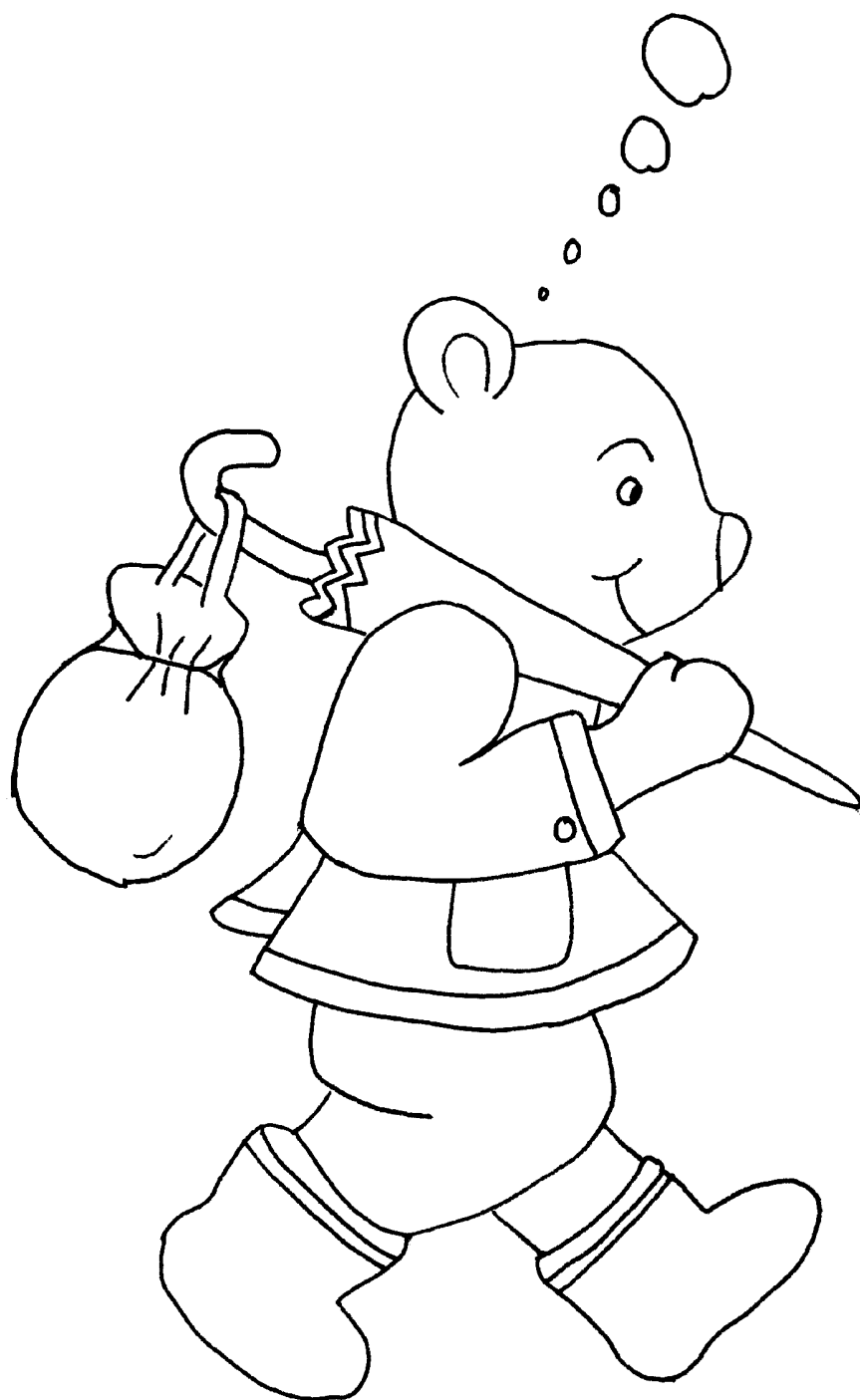
At that very moment, as he sat quietly on the old man's porch, Benjamin Bear made himself a promise. Deep within his heart he promised that never again would he sing the words, *I won't help you! I don't care!* And with that promise,



Benjamin Bear found a new song coming into his heart. From that day forward . . . forever after ... whenever Benjamin Bear came upon anyone in need, he sang his new song:

*Oh, ho, ho!*  
*I'm a happy helping bear!*  
*Why do I help you?*  
*Because I really care!*

And the best thing about it was this: Benjamin Bear did care! Yes, he really did!



Do to others as you  
would have them do to you

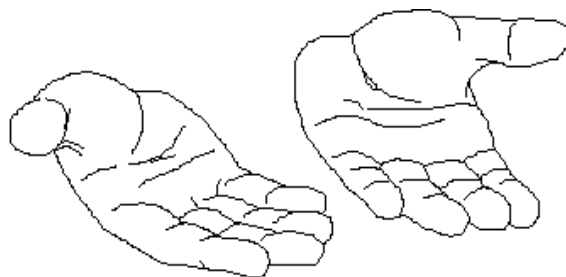
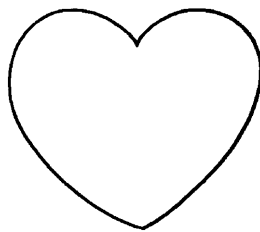
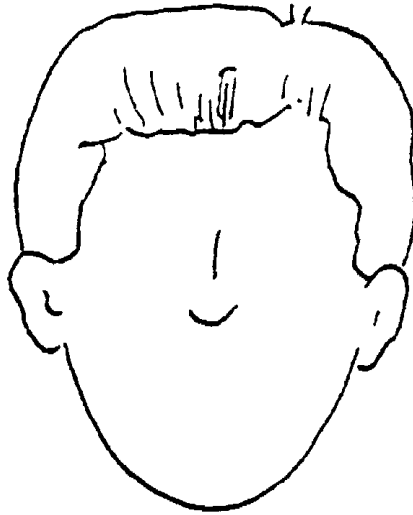
Do to others as you  
would have them do to you

Do to others as you  
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Do to others as you  
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God gave us



**heart**

**body**

**mind**

**heart**

**body**

**mind**

**heart**

**body**

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**heart**

**body**

**mind**



