

Helping each other!

Grandma and Vicki helped each other over the rocks. They headed for the rock pool where the sea anemones were. "They look like flowers", said Vicki. "They are called after anemone flowers", added Grandma, "but they are actually animals. When the tide's in they wave their "petals" to catch food. Then when the tide's out, they close up like some flowers do at night. Then they look like cherries stuck on the rocks. Baby anemones develop inside their parent's bodies and are "born" by being spat out through their parent's mouth.



They can move, but only very, very slowly. Sometimes they hitch a ride on a hermit crab's shell. The anemone helps protect the hermit crab from being eaten by fish, and the hermit crab helps the anemone move from place to place much quicker than it could by itself.



Listen to God!

Exodus 2:16-20

How did Moses help the girls?

What did their father do for Moses?

How have you helped someone lately?

In Hebrews 13:6, the Bible says that God is our helper, especially when we are in trouble. **Remember this - "God is my helper"**.

Talk to God! Thank God for some of the people who help you. Thank God too that we don't need to be afraid of what other people might do to us because he has promised to always be there to help us, no matter what happens.

