Bonus Activities

All Ages

Create Fruit Smiley Faces: Provide graham crackers, vanilla or chocolate pudding cups, blueberries, strawberry slices, spoons, plates and napkins. Give each child a graham cracker square, a spoon, a pudding cup, two blueberries and some strawberry slices. Encourage children to create a smiley face by spreading some pudding onto their graham cracker and using the fruit for eyes and a mouth. As children eat, talk about how chaplains help others feel better when they are sad and hurting.

Older Children

Play Emotions Charades: Invite children to name emotions, while you write them on a whiteboard or chalkboard. Encourage children to choose an emotion to act out. As one child acts out an emotion, ask everyone else to guess what emotion it is. Check off the emotions once they are acted out. Talk about the many emotions we feel and how we sometimes need others to help us work through our feelings.

All Ages

Pray in Color: Gather construction or copy paper, colored pencils and markers or crayons. Encourage children to draw a shape in the center of their paper. In it, write a name for God. Color in their shape, creating doodles and squiggles as well. Then, draw another shape and write the name of someone they want to pray for inside. Continue until their prayer feels complete. Talk about how one way we can help others is by praying for them. For preschoolers, provide paper with several shapes already drawn. Suggest people they can pray for as they color the shapes.

Pathlight

www.cbf.net/pathlight

CBF's *Pathlight* curriculum helps children explore the Good News of Jesus through stories, scripture and activities.

cbf

Design Team

Carol Brown, Content Editor
Jeff Langford, Editor and Designer
Amy C. Cook, Designer
Aaron Weaver, Communications Director

Writer

Jessica Asbell Oravec, Roswell, Georgia

Pathlight

Your word is a lamp that gives light wherever I walk. **Psalm 119:105 (CEV)**

Theme Overview

Rev. Inetta Reddell is passionate about helping families through difficult circumstances, especially as they relate to illness and loss. She helps others work through their feelings of grief, anger and fear and helps them find hope, peace and resilience. This session focuses on the theme of providing spiritual care.

Bible Verse

Hebrews 10:23–24

We must hold tightly to the hope we say is ours. After all, we can trust the one who made the agreement with us. We should keep on encouraging each other to be thoughtful and to do helpful things.

Session Outline

Prepare

- Make copies of the Student Handout.
- Review the Story and Bible Verse.

Welcome

- Greet students as they arrive.
- **Ask**: "Who helps you when you are having a hard day?"

Engage

- Distribute the Student Handout.
- Read and discuss the Bible Verse.
- Work on the Handout Activity.
- Transition to Story Time.

Share

- Tell the Story, "Helping Others."
- Share the photo and caption.
- Discuss the Story and pray.

Conclude

- Lead students in Bonus Activities as time permits.

Helping Others

Rev. Inetta Reddell looked up and saw her mantra: “Be authentic. Be fully present, non-judgmental and incredibly open.” Those words had gotten her through a lot in her life and were part of the reason she became a chaplain. Twenty years ago, she felt like God wanted her to change her life. She had been a lawyer, but when her father was dying, she saw how difficult it was to work with his medical team to make important decisions. She wanted to help make this easier for others, so she left her law practice to become a chaplain. Now, Inetta is helping others in a retirement community. Over and over again, she hears from members of the community how hard it is to make the decisions they need to make. She walks alongside them every day as they say goodbye to friends and loved ones, and as they struggle with deep emotions. She sits with them and listens as they share stories of happy times and sad ones too. She is there with them as they work through feelings of grief, anger and fear. She helps them find hope and peace again. One of the biggest blessings for her in the last 20 years has been the chance to hear people’s stories, and to walk with them in their joy and in their pain. Inetta knows that God put her in just the right spot, doing what God wanted her to do. And every day, she does her best to help.

Discussion and Prayer ✱

- **Ask**: Why did Rev. Inetta Reddell become a chaplain?
- **Ask**: How does Rev. Inetta Reddell help others?
- **Ask**: How can we help others when they are having a hard day?
- **Say**: Rev. Inetta Reddell felt God’s call to become a chaplain when she saw how hard it was for her father to work with his medical team to make important decisions. She wanted to help others who were dealing with the same decisions. Now, she works hard to be there for others, to listen to them and to help them work through all of their feelings.
- **Pray**: Dear God, thank you for chaplains like Rev. Inetta Reddell. Please help her continue to listen and share your hope with others. Amen.

Rev. Inetta Reddell

Rev. Inetta Reddell is passionate about helping families through difficult circumstances, especially as they relate to illness and loss.

STUDENT HANDOUT
OCTOBER 5, 2025

Pathlight

Your word is a lamp that gives light wherever I walk. Psalm 119:105 (CEV)

Learn About

Rev. Inetta Reddell is passionate about helping families through difficult circumstances, especially as they relate to illness and loss. She helps others work through their feelings of grief, anger and fear and helps them find hope, peace and resilience. This session focuses on the theme of providing spiritual care.

Bible Verse

Hebrews 10:23–24

We must hold tightly to the hope we say is ours. After all, we can trust the one who made the agreement with us. We should keep on encouraging each other to be thoughtful and to do helpful things.

Providing Spiritual Care

Find the words to learn more about how Rev. Inetta Reddell provides spiritual care as a chaplain.

D	U	N	D	E	R	S	T	A	N	D	I	N	G
E	N	C	O	U	R	A	G	E	M	E	N	T	C
E	T	M	Y	W	O	R	R	O	S	D	Y	A	H
A	M	S	U	O	O	E	E	L	D	S	T	U	R
P	P	P	N	I	A	U	N	E	S	U	I	T	E
T	E	O	A	I	I	R	S	C	R	P	V	H	T
D	S	P	N	T	M	R	N	O	E	P	I	E	E
U	C	O	M	T	H	O	R	P	S	O	T	N	I
L	O	E	E	Y	I	Y	U	E	P	R	I	T	T
C	S	P	E	G	P	A	N	N	E	T	S	I	U
L	I	S	T	E	N	I	N	G	C	P	O	C	Y
E	P	C	U	G	P	Y	T	E	T	U	P	O	T
S	O	A	E	O	I	N	I	M	R	I	J	P	U
H	T	M	H	R	E	S	O	U	R	C	E	S	N

JOY
EMPATHY
RESPECT
LISTENING
AUTHENTIC
SUPPORT
UNDERSTANDING
SORROW
OPEN
ENCOURAGEMENT
POSITIVITY
RESOURCES