



# HUMILITY

## LESSON AT A GLANCE

■ New Apostolic Church USA



### CURIOSITY

An object lesson, experiment, or activity that sparks curiosity, encourages exploration, and gets kids thinking about the wonder of God.

- Welcome Question: *What's the best place in line? Why?*
- Interactive Game: Would You Rather? (High vs. Low Edition)
- Declaring God's Wonder

### BELIEF *Choose either Hear It or Experience It and supplement with the video*

A deep and interactive dive into Scripture that guides kids into knowing God more deeply, exploring His big story, and marveling at His wonder.

- Opening Prayer
- God's Big Story: Hear It, Watch It, Experience It!
- Connecting the Wonder Truth

### FAITH

An intentional conversation that helps kids see the wonder of God's story and how it connects to their own, emboldening their faith and fostering a deeper understanding of their place in God's kingdom.

- Discussion Questions for Younger and Older Kids
- Small Group Prayer Time

### IDENTITY

An interactive worship response activity that creates space for God to remind kids of these core truths: I am known, I am loved, I am led, and my life can tell of God's wonder.

- Responding in Worship: Low Like Jesus Reflection
- Blessing Your Kids

## HUMILITY LESSON 3

NAC USA  
Goals and Objectives  
[IA 1, 3-10, 11, 13-20, 21, 23-30](#) [IB 1, 3, 5](#) [IC 1-13](#)  
[ID 2, 4, 6](#) [IE 1, 2, 3](#)  
[IIIA 1-3](#)

### WONDER TRUTH:

God Calls Us to Be Humble Like Jesus

### SCRIPTURE:

[Philippians 2](#)

### GOD'S BIG STORY:

In his letter to the Philippians, Paul teaches that humility is a key component of being rooted in Jesus. As members of God's family, we are called to be humble like Jesus.

### WORD OF WONDER:

[Matthew 22:37-38](#)

*Jesus replied, "Love the Lord your God with all your heart and with all your soul. Love him with all your mind." This is the first and most important commandment."*



Lesson  
PPT Slides



Lesson  
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# FOR LEADERS

## A MESSAGE FOR CHILDREN'S LEADERS

*We invite you to pause, listen, and shift your gaze toward the Father...*

Dear Sunday School Teachers,

Did you know that trees help each other grow? Even though they may look like they stand alone, forests are full of unseen connections. Beneath the surface, trees share nutrients, water, and even warnings about drought and disease, ensuring that young and struggling trees have the support they need to survive and thrive.

This is a beautiful picture of Christlike humility. Jesus, knowing exactly who He was, didn't seek power for Himself but instead poured Himself out for others ([Philippians 2:1-11](#)). He calls us to do the same—not just to focus on our own growth, but to nurture and strengthen those around us.

As you step into your Sunday School class this week, may you be like the mature trees in the forest, sharing your faith, love, humility, and wisdom with the children in your care. And may their young, growing faith refresh and encourage your own heart in return.

**You are making an eternal impact—one small seed of faith at a time!**

With love and joy,

**The Faith Arc Team**

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## A ROAD MAP

### WHO?

Paul was writing to the followers of Jesus in Philippi. Paul had shared the gospel in Philippi during what is called his Second Missionary Journey. The Philippians who followed Jesus helped Paul's work through their contributions, even though many of them were poor.



### WHAT?

Paul urges unity among followers of Jesus because of their shared faith. He tells them to be humble, following the example of Jesus, who became a servant for the good of others. Followers of Christ should value each other, looking out for the interests of others.



### WHERE?

Philippi was a Roman colony located in the northern part of Macedonia in present-day Greece. It was about nine miles from the port city of Neapolis on the northern shore of the Aegean Sea. It was a major city in Macedonia, along with Thessalonica.



### WHEN?

Paul was in prison when he wrote Philippians (see [Philippians 1:12-26](#)). There is some debate about whether he was in prison in Caesarea, Ephesus, or Rome at the time of writing. Rome is often considered most likely, dating the letter around AD 61-62.



### CONNECTING TO GOD'S BIG STORY

Jesus' humble obedience to God led to the cross, where He made the way for all people to be part of God's kingdom. Those who believe in Jesus, are baptized and sealed, can experience God's kingdom now by following Jesus' example - loving others through humble service.



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### WELCOME QUESTION

**SUPPLIES:** paper, colored pencils, whiteboard (optional), dry-erase marker (optional), **Welcome Question Slide**

Before kids arrive, display the **Welcome Question Slide**, or write the following question on a whiteboard: "What's the best place in line? Why?" Set out sheets of paper and coloring utensils.

As kids arrive, warmly welcome them by name and ask them to Check In.

#### All Ages

Use the feelings chart on the next page and ask each child how they are feeling (refrain from asking "How are you?" as children may be accustomed to responding with "fine"). You may want to print and post the feelings chart in your classroom for ease of use.

- Allow each child to name their feeling or to use a color to name their feeling. Older children might use words, younger children might point to the pictures or use the colors to express their feelings.
- There are no wrong feelings and all feelings should be acknowledged.
- Acknowledge how children feel by giving each child time and space to share anything they might need or want to share in regard to their feelings. For example, you can ask "Why are you angry?" or "What made you sad?"
- If you can, address the feeling (hunger/thirst - provide a snack/drink, sadness - give a hug, joy - give a high five, tired - let the child rest, anger – a calming space, etc.).
- Keep in mind throughout the lesson how each child is feeling and that feelings may change during your time with the child.
- If you notice a change, you may want to allow the child to rename their feeling and again address the feeling if needed.
- Acknowledge all feelings, concerns, joys, and celebrations in your opening and closing prayer. Use a grace-based approach to the learning as feelings will impact how children learn. (adapted from the Zones of Regulation)

Show them the **Welcome Question**. Consider listing several places where lines are common and asking kids what they think is the best place in each specific line, such as the school lunch line, a roller coaster line at an amusement park, the flu shot line at the doctor's office, etc. Invite kids to illustrate their answers if they choose. If you have younger kids, be sure to repeat the question out loud each time.

**Teaching Tip (For Older Kids):** Consider inviting older kids to give suggestions for different places where lines are common, and encourage everyone to share what they think is the best place in that particular line.

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Lesson PPT Slides



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Lesson Printables

# SOCIAL-EMOTIONAL CHECK IN

Angry



Scared



Panicked



Inconsolable



Happy



Focused



Calm



Proud



Worried



Frustrated



Silly



Excited



Sad



Bored



Tired



Sick



**At your start time...**

Call on several kids to share their answers to the Welcome Question: *What's the best place in line? Why?*

It's fun to think about getting ahead in line for the things we really want, like our favorite amusement park ride, but as we'll hear in God's big story today, getting ahead isn't necessarily something that God wants for His family. God calls members of His family to something quite the opposite: a life of humility. We'll hear more about that later. But, first, it's time to be curious.

## INTERACTIVE GAME: WOULD YOU RATHER? (HIGH VS. LOW EDITION)

**SUPPLIES:** painter's tape (prep only), **Would You Rather? Slide**, **Humility Wonder Truth Slide**

Ahead of time, place a line of tape on one wall in the room. Place the tape high enough where most kids will have to jump up to try and reach it.

Display the **Would You Rather? Slide**. Invite kids to stand in the center of the room. **Today we're going to play a game called Would You Rather? (High vs. Low Edition). I'll ask you a series of questions that involve being in either a high position or a low position, and you'll show your answers through your movements. Let's play!** One at a time, read the following Would You Rather? questions. If kids would rather be in the higher position, explain that they'll move to the wall with tape on it and reach for the tape by jumping as high as they can. If kids would rather be in the lower position, they'll move to the opposite side of the room and crouch down into a ball on the floor.

**Would You Rather...**

- Be the boss of a big company OR someone who is hired to work for the boss?
- Travel way up high in an airplane OR way down low in a submarine?
- Be the coach of a football team OR the water boy or girl?
- Hike to the top of a mountain OR scuba dive to the depths of the ocean?
- Be the one at the top of a ladder replacing a light bulb OR the one at the bottom of the ladder helping to hold it still?
- Be a star in the highest galaxy OR a starfish in the sea?
- Be a superhero who flies OR a superhero who swims like a fish?
- Soar to the top of a Ferris wheel OR spin really fast on a merry-go-round?
- Be a great and powerful African elephant OR a humble, obedient donkey?
- Be a school principal OR a student?

**Teaching Tip:** *If space is limited, simply invite kids to indicate their "high" answer by standing on their tiptoes with hands raised to the sky or their "low" answer by crouching into a ball on the floor.*

**Make It Inclusive:** *For kids with physical limitations that prevent them from walking fast or jumping, consider offering different ways for the group to move across the room such as slow motion running or walking, etc. You could also have kids indicate their choices by holding up one finger for the first choice and two fingers for the second choice.*

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When kids have responded to all the Would You Rather? questions, invite them to gather in the center of the room and ask them one final question: **Would you rather be in the high position of a great and powerful king OR a low position of a humble servant to the king?** Allow kids to indicate their final answers by moving to one side of the room or the other. Then invite a couple kids to share why they chose the answers they did.

Display the **Wonder Truth Slide**. The Bible tells us that Jesus was in the highest position possible—**He is Lord, everlasting King, and “equal with God”** ([Philippians 2:6](#)). If possible, walk over to the tape on the wall and reach your hand above it. **Yet, He chose to humble Himself and take on the lowest position possible by taking the “nature of a servant”** ([Philippians 2:7](#)). If possible, walk to the opposite side of the room and crouch down low for a moment. Today we’ll hear why Jesus is the perfect example of humility. **Today’s Wonder Truth is: GOD CALLS US TO BE HUMBLE LIKE JESUS.**

## DECLARING GOD’S WONDER

Write on a white board or chart paper or display the **Declaration Slide**. Read each line boldly and invite kids to repeat after you.

**Thank You, God, that You are good!** (Kids repeat.)

**You made me on purpose, for a purpose.** (Kids repeat.)

**And I am Your kid!** (Kids repeat.)

**You know me, love me, and lead me.** (Kids repeat.)

**Your Son Jesus was humble and obeyed You.** (Kids repeat.)

**Help me to be humble like Jesus.** (Kids repeat.)

**My life can tell of Your wonder!** (Kids repeat.)

## OPENING PRAYER

Before entering into God's big story, lead kids in a prayer of invitation. Use the prayer here or your own words: **God, thank You for this opportunity to hear from You and to discover how we can put others ahead of ourselves and be humble like Jesus. May Your Holy Spirit teach us and guide us as we learn what it means to put humility into action in our everyday lives. In Jesus' name, Amen.**

## GOD'S BIG STORY

This lesson includes three opportunities for your kids to enter the story – we recommend you choose **HEAR IT!** or **EXPERIENCE IT!** and supplement with the **WATCH IT!** video. **HEAR IT!** is read directly from the Bible. **EXPERIENCE IT!** is an interactive story-telling activity.

## Hear It!

**SUPPLIES:** Bibles (1 per kid), **Humility Title Slide**

Display the **Humility Title Slide**. Invite kids to open their Bibles to [Philippians 2:1-11](#) in the New Testament. Remind them that this passage is part of a letter written by the apostle Paul to the church in Philippi, but it's also a letter written for us today.

**Let's start by reading part of God's big story directly from the Bible.**

**Afterward, we will watch and experience more of the story!** Assign each verse of the passage to confident readers. If your group is small, you may want to divide the reading among two or three confident readers instead or with another adult volunteer. Invite everyone to kneel on the floor. Readers will stand up and read their parts aloud while the rest of the group remains kneeling. At the end of the passage, consider inviting everyone to stand and say, "Jesus Christ is Lord!"

**Make It Inclusive:** *If some kids are unable to kneel, invite everyone to sit on the floor if possible (or in chairs). The readers can stand while they read.*

## Watch It!

Watch the [Humility God's Big Story!](#)

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## Experience It!

**SUPPLIES:** Paul’s costume, camera, Bible, selfies of Paul, DIY time machine or streamers (optional), USB cable (optional), **Humility Experience It! Script** (1 extra copy)

Ahead of time, to create the illusion that Paul has come forward in time from the first century and appeared in your classroom, consider creating a time machine or decorating a doorway with streamers for Paul to enter through.

Recruit a leader to play the role of Paul during this lesson. If you used the Rooted Experience It! Script in lesson 2, ask the same actor to return, if possible. Print an extra copy of the Experience It! Script to give to this volunteer ahead of time. While it’s not necessary that he memorize his lines, he will want to be familiar with the script. You’ll also need to enlist an adult volunteer who will take the camera from Paul when prompted and connect it to the computer with a USB cable (or simply pretend to). This volunteer can also hand Paul a Bible when prompted.

Consider one of these ideas for Paul’s costume: 1. First-century inspired clothing, such as a simple tunic with a rope tied around the waist. 2. Silly, mismatched outfit, such as a Hawaiian shirt, baseball hat, and winter scarf.

In this **Experience It! Script**, Paul attempts to bring photos he took back home (with a camera he borrowed from his last visit to the twenty-first century) to teach the kids about humility. However, all of Paul’s photos were taken backwards—accidental “selfies.”

Ahead of time, have the leader playing Paul wear his costume and use a camera or smartphone to take pictures—backwards (selfies). This should look like Paul was trying to take pictures of things in front of him. The photos should all clearly be of Paul, but perhaps some are only partial shots of him. Paul can make various expressions: like he’s concentrating on getting a good shot, delighted by what’s in front of him, or anxious to catch the shot before it goes away. Take more photos than you think you will need—the images will flash on the screen until Paul says to stop. Turn the photos into a slideshow that can play on your screen when prompted.

**Opening Option 1:** (Use this if you utilized the **Experience It! Script** in Rooted lesson 2.) The apostle Paul enters the classroom, stumbling as if he has tumbled through time and landed in your church. Paul looks around and smiles with excitement to see a room full of kids who have come to hear God’s Word! He holds a camera or has one around his neck.

**PAUL: Hello! It’s great to be back with you today in (pause) what year is it again? Pause for kids to answer. That’s right! It gets a little confusing sometimes when you walk through time. If we didn’t meet last time, my name is Paul. Many people refer to me as the apostle Paul because I am a follower of Jesus and missionary, someone who travels to different parts of the world to teach others about Jesus. I dedicated my life to Jesus and helped the early church get started, and today I’m visiting you from the first century.**

If Paul is in a silly costume, say: **I want to apologize for my clothes. I had no idea how I should dress here in the twenty-first century. How did I do? Do you think I’ll blend in dressed like this?** Pause for kids to respond.

**Opening Option 2:** (Use this if you did not utilize the lesson 2 **Experience It! Script** and this is the only time Paul will visit during the Rooted series.) The apostle Paul enters the classroom, stumbling as if he has tumbled through time and landed in your church. Paul looks around and smiles with excitement

## ELEMENTARY

to see a room full of kids who have come to hear God's Word! He holds a camera or has one around his neck.

PAUL: **Wow! I took a walk forward in time—all the way from first-century Rome. Where am I?** Pause for kids to respond. **What year is it?** Pause for kids to respond. **My name is Paul. Many people call me the apostle Paul because I'm a follower of Jesus and missionary, someone who travels to different parts of the world to teach others about Jesus. I did a lot of work back in the first century to help the early church get started.**

If Paul is in a silly costume, say: **I want to apologize for my clothes. I had no idea how I should dress here in the twenty-first century. How did I do? Do you think I'll blend in dressed like this?** Pause for kids to respond.

**Teaching Tip (For Younger Kids):** *It can be difficult for younger kids to differentiate between reality and fantasy. Consider having the person playing the part of Paul whisper to the younger kids that he is just pretending to be the apostle Paul and to travel through time, but the real Paul did write all about the importance of being humble.*

### Begin Lesson 3 Script:

PAUL: **One thing I love to do is travel! Back in my century, I travel all over the place, sharing the truth and spreading the good news that Jesus is Lord—the everlasting King promised by God. It's my joy to tell people how the love of God transforms them, not just by changing their hearts, but by making them part of something bigger—God's forever family! When we believe in Jesus, are baptized and sealed, we become part of a wonderful community, united by the love of Jesus, which gives us power to love one another in the way of Jesus.**

**So today I came all the way here to tell you about—drum roll please—humility. But I'm not just going to tell you, I'm going to show you what humility looks like!** Hold up the camera. **I'm so excited—on my last visit to your century, I borrowed this—(struggle to remember the name) strange little box that traps the image of whatever is in front of it—what's it called?** Allow the kids to respond. **Right. Well, on this camera, I trapped some pictures from my century to show you what humility looks like in action! Is there a way to make the trapped images bigger?**

Hand the camera to an adult volunteer who will appear to connect it to a computer or projector. (You might consider using a cell phone to display the pictures referenced in the script.) A picture appears on the screen (a silly close-up of Paul's face). **Oops, that's me. Go to the next one.** (another selfie of Paul) **Hmm. Next one.** (yet another silly close-up of Paul) **Ah! Where are the pictures that show humility?** Just keep going. (a whole series flashes by with silly pictures of Paul making various faces) When you've seen enough, say: **OK, stop.** Turn to the kids. **I'm so sorry. It appears I was using the camera** (gently smack your forehead) **backwards! These are not pictures of humility. These are all me, me, me!**

Pause and think. **I have an idea! How about you all show me what humility looks like in action? While I tell you about humility, you can show me! At certain points in God's big story today, I will pause for you to make a frozen picture using your bodies, your dear faces, and your big imaginations. Like this!** Freeze in an expressive pose. **Would you like to be the pictures of humility?** Pause for kids to respond.

**Great! I'll let you know when it's time to make a picture.** Look at the screen with your face on it. **We can turn that off now.** Chuckle a little. **If only there was a word for pictures taken of yourself.**

**Back in my century, I wrote a letter to the church in Philippi. Does anyone have a Bible?** An adult volunteer offers a Bible. Hold it with awe and reverence. **Wow! God's Word in one book.** Open it to Philippians 2. **The letter I wrote is right here! It's called Philippians—which is the name for the**

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people who lived in Philippi. In my letter, I reminded the Philippian's who followed Jesus, that people who believe in Jesus have a lot in common. Everyone who belongs to Jesus is helped by Him and comforted by His love. Every follower of Jesus shares the same Holy Spirit, God's powerful presence and our wise, loving helper. And every follower of Jesus benefits from Jesus' gentle kindness and love. These things unite Jesus' followers, so they think and act in ways that please God and build each other up. Pause and think. **With the help of a few friends near you, can you show me a frozen picture of unity?** Give the kids several seconds to plan together. Encourage them to use their bodies, facial expressions, and imaginations to show what unity looks like. For younger kids, you could make a concrete suggestion: **Show me unity by linking arms with the kids near you or make a circle together. On the count of three, make your picture and say, "Unity!"** Count to three and say, "Unity!" with the kids. Compliment them on their pictures. Then invite them to sit back down.

**In my letter I wrote** (read from the Bible): **"Have the same love. Be one in spirit and in the way you think and act. ... Don't do anything only to get ahead. Don't do it because you are proud. Instead, be humble. Value others more than yourselves"** ([Philippians 2:2-3](#)). Being humble means putting others first, not just thinking about me, me, me. It means looking around to see the needs of others. Hold up the camera. **It's pointing your camera at others, not just yourself!** Chuckle a little, remembering your earlier mistake.

**Followers of Jesus—members of God's family—don't just look out for their own good, but also for the good of others.** Pause and think. **With the help of a few friends near you, can you show me a frozen picture of putting others first?** Give the kids about 20 seconds to plan together. For younger kids, suggest: **Show me how someone might put others first by holding a door open for someone else. On the count of three, make your picture and say, "Others first!"** Count to three and say, "Others first" with the kids. Invite kids to sit back down.

**Thankfully, followers of Jesus have a great example of humility to follow—Jesus Himself! In my letter, I wrote,** (read from the Bible) **"As you deal with one another, you should think and act as Jesus did"** ([Philippians 2:5](#)). Look up. So how did Jesus think and act?

**I wrote this to the Philippians:** (read from Bible) **"Jesus was equal with God. But Jesus didn't take advantage of that fact"** ([Philippians 2:6](#)). Jesus didn't use His power to get rich or famous. Stand tall and act like royalty. He didn't choose an easy and comfortable life—a life fit for a king. Instead (crouch down low) **He humbled Himself.** Continue reading: **"He made himself nothing"** ([Philippians 2:7](#)). Fall flat on the ground.

After a pause, look up at the kids. **Nothing? Yes,** (slowly get up but remain in a sitting position with the Bible in hand) **Jesus lived on earth as a flesh and blood person, a regular man instead of a king. He served others instead of making people serve Him.** Continue reading: **"He was humble and obeyed God completely. He did this even though it led to his death. Even worse, he died on a cross!"** ([Philippians 2:8](#)). It was a terrible, humiliating way to die. But Jesus did it out of love for the whole world. He was making the way for all people to be part of God's forever family. Pause and think. **Can you show me a frozen picture of a humble servant?** Allow the kids a moment to think and plan their pictures. For younger kids, suggest: **Show me how a humble servant might get down on the ground to tie someone else's shoes. On the count of three, make your picture and say, "Humble servant!"** Count to three and say, "Humble servant" with the kids. Invite kids to sit back down.

**Because Jesus made Himself a humble servant for the good of others,** (read from the Bible) **"God lifted him up to the highest place. God gave him the name that is above every name"** ([Philippians 2:9](#)). Jesus is the everlasting King after all! Someday, everyone will kneel and worship Jesus, and everyone will say that Jesus is Lord. This will show how amazing God is! Pause and think. **Let's do one more picture! Can you show me all together a picture of what it will look like to worship Jesus in His highest place?**

Allow the kids a moment to think and plan. For younger kids, suggest kneeling or bowing while looking up. **On the count of three, make your picture and say, "Jesus is Lord!"** Count to three and say, "Jesus is Lord!" with the kids. Invite kids to sit back down.

**Remember what I wrote? "As you deal with one another, you should think and act as Jesus did" (Philippians 2:5). Following Jesus isn't about what you get for yourself. It's about giving what you have in love for the good of others. It's about pointing your camera at other people.** Chuckle a little. Thank you for being the pictures of humility today! Humility makes God's family strong, so God calls us to be humble like Jesus.

**It's time for me to get back to my century now.** Head toward your time machine or the door. **I've got more places to travel, more people to tell about our humble servant King Jesus, and more letters to write—you can read them in your Bible!** Pause to look around at everyone. **I've loved being here with you, the church of the twenty-first century. The grace of the Lord Jesus be with you always! And peace.** Exit through your time machine or the door.

## CONNECTING THE WONDER TRUTH

Display the **Wonder Truth Slide**. Pose the following question to kids to help them connect the Wonder Truth to God's big story:

**Our Wonder Truth today is GOD CALLS US TO BE HUMBLE LIKE JESUS. Where did you see our Wonder Truth in the story?** Allow kids to answer freely.

**In humility, Jesus obeyed God the Father completely, even when it led to the cross. By dying on the cross, Jesus made the way for all people to be part of God's kingdom! Now anyone who believes in Jesus, is baptized and sealed, can experience God's kingdom now by following Jesus' example of loving and serving others humbly.**

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Divide your group into smaller groups based on age. If your group is already small, stay together for this time.

### QUESTIONS: YOUNGER KIDS

- **Instead of living a life fit for a great and powerful king, what did Jesus do?** *(He lived on earth as a regular man instead of King. He served others instead of making people serve Him. He humbled Himself.)*
- **What did Jesus do to make the way for all people to be a part of God's forever family?** *(If needed, reread [Philippians 2:8](#).)*
- **Because Jesus humbled Himself and obeyed God completely even to death on the cross, what did God do?** *(If needed, reread [Philippians 2:9](#).)*
- **Is it hard to put others first? Why or why not?**
- **Jesus put us first even though we didn't deserve it. How can we put others first, even when we don't think they deserve it?**
- **Jesus showed humility by giving up His own life for the good of others—us! What do you have that you can give, in love, for the good of those around you?**

In today's passage, Paul challenges us to "think and act as Jesus did" ([Philippians 2:5](#)), to live as He did by putting others first instead of putting ourselves first. Let's spend some time in prayer thanking God for the example of humility He's given us in His Son, Jesus. Then let's ask for God's help to put others first, even when it's hard.

### PRAYER TIME: YOUNGER KIDS

Spend time thanking God for showing us what true humility looks like through Jesus. Invite kids to say their own prayers of thanks for Jesus, who is humble and puts others first. Invite kids to share any prayer requests about times when it's hard for them to put others first. Close by asking God for His help to be humble like Jesus.

#### HUMILITY

LESSON 3

NAC USA  
Goals and Objectives  
[IA 1, 3-10, 11, 13-20, 21, 23-30](#) [IB 1, 3, 5](#) [IC 1-13](#)  
[ID 2, 4, 6](#) [IE 1, 2, 3](#)  
[IIIA 1-3](#)

#### WONDER TRUTH:

God Calls Us to Be Humble Like Jesus

#### SCRIPTURE:

[Philippians 2](#)

#### GOD'S BIG STORY:

In his letter to the Philippians, Paul teaches that humility is a key component of being rooted in Jesus. As members of God's family, we are called to be humble like Jesus.

#### WORD OF WONDER:

[Matthew 22:37-38](#)

Jesus replied, "Love the Lord your God with all your heart and with all your soul. Love him with all your mind.' This is the first and most important commandment."



Lesson  
PPT Slides



Lesson  
PDF Slides



Lesson  
Printables

## QUESTIONS: OLDER KIDS

- **What is something those who follow Jesus can do that will show they are one in spirit and in the way they think and act?** *(If needed, reread [Philippians 2:3–4](#).)*
- **Why did Jesus humble Himself and obey God completely, even to death on a cross?** *(to make the way for all people to be a part of God's forever family)*
- **Why did God lift Jesus up to the highest place and give Him the name that is above every name?** *(because of His complete obedience and humility and finished work on the cross)*
- **Have you ever had to show humility and put someone else first when you didn't want to? What happened?**
- **What are some ways you can follow Jesus' example of humility and put others first in a world that thinks about me, me, me first?**
- **Jesus showed humility by giving up His own life for the good of others—us! What do you have that you can give, in love, for the good of others? What do you have that you can give, in love, back to Jesus?**

Today in God's big story, Paul challenges us to follow Jesus' example by living as He did, with humility and selfless service. This is a big challenge for us because we live in a world that focuses more on putting ourselves first instead of putting others first. Let's spend time in prayer thanking God for the example of humility He's given us in His Son, Jesus. Then let's ask for God's help to think and act like Jesus did, even when many around us don't.

## PRAYER TIME: OLDER KIDS

Spend time thanking God for Jesus' sacrifice on the cross and for making the way for all of us to be a part of something bigger than ourselves—God's forever family! Invite kids to say their own prayer of thanks for the example of humility we have in Jesus. Invite kids to share any prayer requests about times when it's challenging to reflect Jesus' humility to the world around them. Then ask God to help everyone be on the lookout for opportunities to put humility into action this week.

**The Ten Commandments remind us how to live like Jesus. Which commandments do you think help us live like Jesus?** Let kids respond. **All of the commandments help us live a humble life by worshiping only God, and by putting others first. Which commandment puts our parents first?** The Fourth Commandment. **Which commandment put things that belong to others first?** The Seventh Commandment. **Which commandment makes sure others are not harmed?** The Fifth Commandment. **Which commandment makes sure we always say kind things about others?** The Eighth Commandment.

### RESPONDING IN WORSHIP: LOW LIKE JESUS REFLECTION

**SUPPLIES:** permanent marker (prep only), butcher paper, masking or painter's tape, markers, [Jesus Picture Sheets](#), [Responding in Worship Slide](#), [Rooted Elementary Spotify playlist](#) (optional)

**Teaching Tip:** *If butcher paper isn't available for this activity, gather several kids around poster boards or give each kid a sheet of cardstock.*

Ahead of time, print the [Jesus Picture Sheets](#), with each picture on a separate sheet of paper. Write the Wonder Truth in big block letters across the top of a large piece of butcher paper and set it on the floor. Also, designate a blank wall that kids can gather near for this activity. If needed, clear a wall so it's empty.

Gather kids together near a blank wall. Display the [Responding in Worship Slide](#). **Jesus is the perfect example of humility for us to follow. Jesus didn't use His position and power as Lord and everlasting King to put Himself higher than others. Instead, He took the lowest position possible and made Himself a humble servant for the good of others—for us!**

One by one, put a couple tape loops on the back of the [Jesus Picture Sheets](#) and display them on the lower part of the blank wall. Talk about each picture as you post it: **(Picture 1)** Jesus came to earth and was born to humble earthly parents in a humble place. **(Picture 2)** Jesus served His disciples and even washed their feet, a job usually done by servants. **(Picture 3)** Jesus humbled Himself, even to death on a cross. Point to the empty tomb. The good news is that dying on the cross isn't the last thing Jesus did while on earth. Three days later, He rose from the dead, proving He is our Lord and everlasting King! God then lifted Jesus up to the highest place, where He belongs and where we, as believers and followers of Jesus, will rightfully worship Him for all eternity. Move the three [Jesus Picture Sheets](#) to a higher place on the wall.

Being humble and putting others before ourselves is hard! But God doesn't leave us to do it on our own. When we choose to believe in Jesus, are baptized, and follow Him, we become part of God's forever family, and when we are sealed, God gives His powerful presence—the Holy Spirit! The Holy Spirit helps us and gives us power to "think and act as Jesus did" ([Philippians 2:5](#)). We are powerless to show humility on our own, but with the help and power of the Holy Spirit in us, we can be humble like Jesus.

Invite kids to gather around the butcher paper on the floor and use markers to write or draw practical ways they can, with the Holy Spirit's help, be humble like Jesus. Encourage them to think about how they can put others first at school, at home, on their teams, in their communities, and even with people who are in authority over them. Play music from the [Rooted Elementary Spotify playlist](#) as kids write and draw.

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*Jesus replied, "Love the Lord your God with all your heart and with all your soul. Love him with all your mind." This is the first and most important commandment."*



Lesson PPT Slides



Lesson PDF Slides



Lesson Printables

## ELEMENTARY

When kids are finished, lift the butcher paper up and place it in a high position on the wall. **This reminds us that as Jesus lowered Himself in humility, God "lifted Him up to the highest place" (Philippians 2:9).**

**We too can be humble like Jesus, and one day we'll join all people in kneeling before Jesus in worship!**

Close your time in prayer, inviting the Holy Spirit to help each person live humbly like Jesus this week and have eyes open to notice the needs of others around them.

**Teaching Tip (For Younger Kids):** *Help kids get started by offering several specific examples of how they can put others first, such as sharing a favorite toy with a sibling or friend or offering to help a parent with cooking or cleaning.*

**Disclaimer:** *We have permission from the publisher to use the Spotify music playlist solely for the purposes of the Sunday School hour, Vacation Bible School experiences, fellowship events, or for listening at home. Please note that this playlist is not to be used during the divine service or for any streamed or broadcasted occasion.*

## BLESSING YOUR KIDS

Write on a white board or chart paper or display the **Blessing Slide**. Speak this blessing over your kids, as a group or as individuals. If you bless kids individually, insert each name into the blessing.

**Blessing:** **May God empower you to be humble like Jesus. May you know that God is with you and for you as you show the world around you what it looks like to follow Jesus and put others first.**

# GAMES AND ACTIVITIES

## ELEMENTARY

This additional game or activity is optional and can be used in the lesson where a movement break is needed. We've included teaching tips and tips to make the game and activity inclusive for all kids. Printables for the game and activity, if needed, are included in the printable link.

## THE BIG CHEESE

**SUPPLIES:** none

In this game, kids will strike "cheesy" poses and learn quickly that being "The Big Cheese" might not be all it's cracked up to be.

Gather kids and introduce them to the title "The Big Cheese." Explain that "The Big Cheese" is used to describe someone who is the most important or influential person in a particular group. For example, The Big Cheese might be the boss or a principal or the most powerful person at the office or in a school.

**For this game, we need to know three poses.** Demonstrate each pose and invite kids to stand and try each one:

1. Cheddar Cheese: Hold your hands out in front of you to form a circle.
2. String Cheese: Stretch arms straight above your head with your palms together
3. Stinky Cheese: Wave your hand in front of your nose

Explain that for the first round, you are The Big Cheese. Say: **I am The Big Cheese.** Then prompt kids to respond, "You are The Big Cheese." Explain that you will count down from three, and everyone will strike one of the three poses: Cheddar Cheese, String Cheese, or Stinky Cheese. Everyone striking the same pose as The Big Cheese is out and will sit down. Continue to play until just one person remains. The last person standing gets to be the next Big Cheese.

When it's time for the new Big Cheese to have a turn, that person can choose to give up her spot and "The Big Cheese" title to someone else who wants to be The Big Cheese.

Play several rounds or as long as time allows. Then gather kids together.

**Teaching Tip:** Keep kids who were eliminated involved by inviting them to a designated area where they can do something particularly cheesy, such as standing on one foot (like string cheese), doing cheesy dance moves, or doing jumping (pepper) jacks!

**We learned today in God's big story that Jesus is the all-time Big Cheese! As Paul wrote, "Jesus was equal with God... Instead, he made himself nothing" (Philippians 2:6-7). Jesus didn't show off; He didn't use His power and importance to take advantage of others. Instead, He was humble and obeyed His Father God completely. God calls us to be humble like Jesus!**

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