

Community Garden: Growing from the ground up



First, watch
this week's
video!

Humility:
Putting others
first by giving up
what you think
you deserve

Memory Verse

"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 2:3, NIV

Bible Story

Being Humble
Like Jesus
Philippians 2:3-8

Key Question

What are some
ways you've put
others first?

Use this guide to help your family learn
how God can help us have humility.



Activity

Humble Words

What You Need:

Writing utensil and sheet of paper

What You Do:

Invite your child to do an activity with you. Say, "Today we talked about how Jesus showed humility. What does it mean to be humble? (*To value others more than yourself; to put others first.*) Let's take turns going back and forth, trying to think of as many words as we can that would describe someone who is humble."

Pass the paper back and forth, writing down synonyms for "humble." See the list below for some ideas!

- Courteous
- Kind
- Gentle
- Modest
- Polite
- Generous
- Servant-hearted
- Considerate
- Friendly
- Loving
- Sympathetic
- Understanding
- Forgiving
- Fair
- Helpful
- Thoughtful
- Unselfish

When you've written down as many words as you can think of, say, "Jesus is the Son of God, but He still showed humility by putting others first."

Talk About the Bible Story

What does it look like to "put others first" in our family? How about at school?

What do we see in the world around us that tells us we must think of *ourselves* first?

What are some reasons we would choose to put others first?

Looking at the list of words you created, choose one word each to try to demonstrate in the week ahead.

Tell your child a way that you'll pay attention to what other people need and find ways to put THEM first. For example, you might let a co-worker choose where to go for lunch, take a meal to a sick neighbor, or volunteer at a local shelter.



Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, thank You for the way Jesus gave us the perfect example of humility. Help us to not be proud or to think of ourselves as better than others. Show us ways to put others first because You put US first. Give us an attitude of humility that shows up in the things we say and do. In Jesus' name, amen."