

# HUMILITY

WEEK 1  
1<sup>st</sup>

PUTTING OTHERS FIRST BY GIVING UP WHAT DO YOU THINK YOU DESERVE

BOTTOM LINE: Put others first.

Read Ephesians 4:2

DAY 1

## You Go First

Practice putting others first this week by letting people go before you. Think of some of the times at school or at home that you can practice putting someone else first. It could be letting your friend go before you in the lunch line or letting your sibling choose the cookie first. Whatever it is, take a step back and let someone go first.

Ask God to help you put others first this week.

DAY 2

## First Place

Grab some paper and some decorating supplies.

Today, you are going to create a first-place award for someone in your home. Think of someone in your home that always puts your needs first, maybe it's mom or dad. Draw them an amazing certificate that shows them how thankful you are that they put you first. Draw a picture of a time they helped you out! Somewhere on the drawing write **The Putting Others First Award**. When finished give your award to the winner. Thank them for all they do for you.

Thank God that He gave you people that put you first.

DAY 3

## Putting People First Prayer

When praying, it is nice to pray for everyone else first and yourself last. Think of two people you can pray for today. Say a prayer for them and add yourself to the prayer at the end. Pray something like this:

"Dear God, Thank You so much for (people's names). (Pray something special about each person.) And God, I pray for myself that I can learn to put others first. I love You, God, amen"

Look for ways that you can put others first.

DAY 4

## Act It Out

Read this week's Bible verse below and use the actions to help you remember!

**Ephesians 4:2 (NIRV)**

**Don't be proud at all.**

(Shake your head back and forth.)

**Be completely gentle.**

(Hug yourself.)

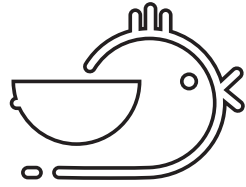
**Be patient.**

(Tap your wrist like you are wearing a watch.)

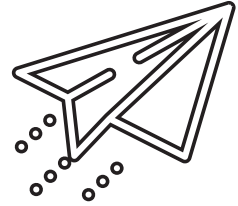
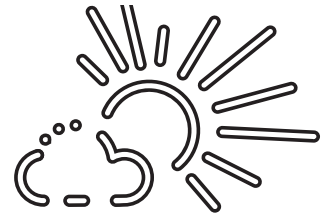
**Put up with one another in love.**

(Sign "I Love You" by holding up right-hand stick out the thumb, pointer, and pinky fingers while leaving middle and ring finger touching the palm.)

Know that treating others gently, with patience and love, are great examples of putting others first.

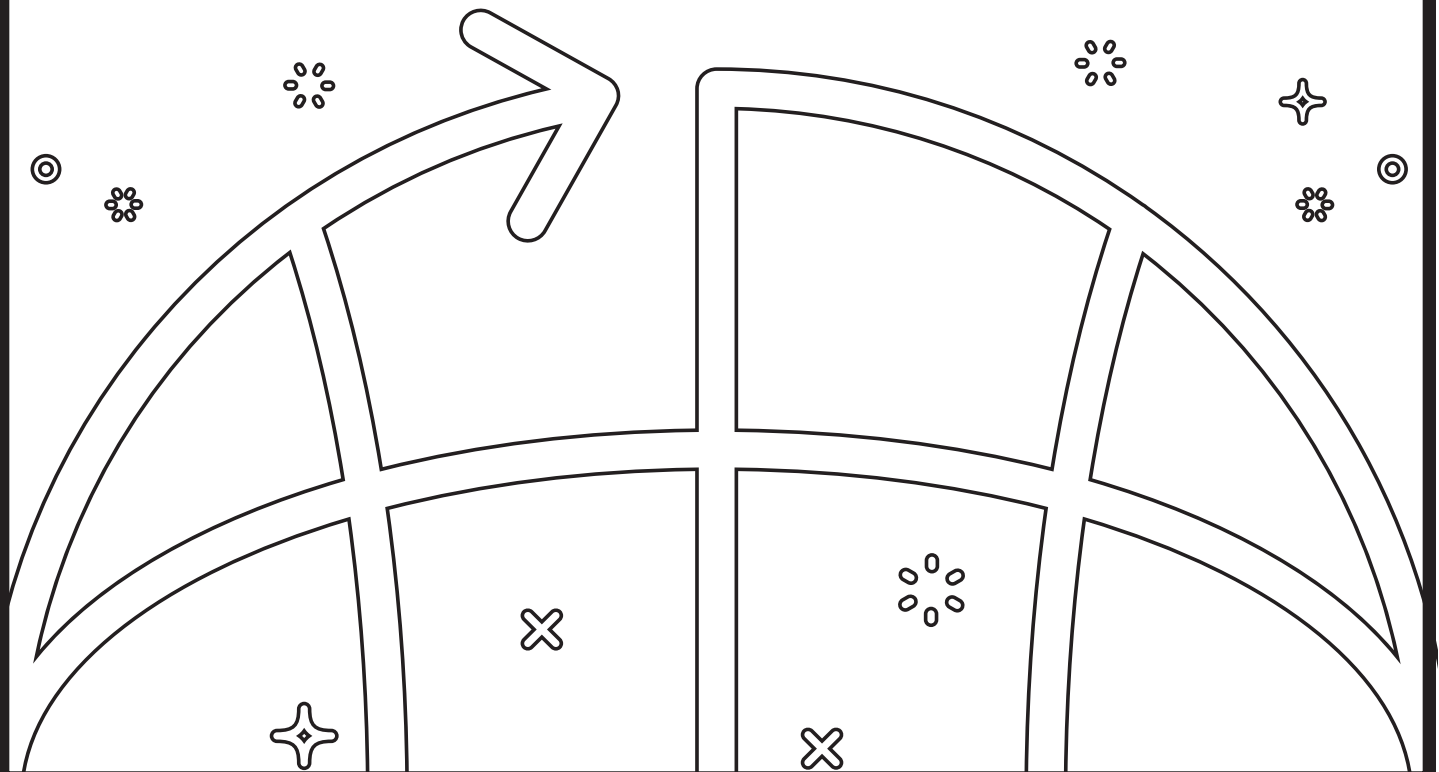


PUT



OTHERS

FIRST.



# HUMILITY

WEEK  
**ONE**

2<sup>nd</sup>-3<sup>rd</sup> Grade

.....  
**PUTTING OTHERS FIRST  
BY GIVING UP WHAT  
YOU THINK YOU  
DESERVE**

## READ EPHESIANS 4:2

## DAY 1

This month is all about humility, putting others first by giving up what you think you deserve. What do you think you deserve? **Maybe . . . Win • Get your way • Be number one**

Humility is just the opposite. Humility isn't about you, it's about the people around you. That means you have to pay attention when you find yourself becoming impatient with others or pushing your way to the front. Because loving with humility means we put others first. What if you made a new list and considered what others deserve? Fill in the blanks below as you think about putting others first. The first one is completed to give you an example.

**My brother deserves patience, even when he's driving me crazy.**

My sister deserves \_\_\_\_\_.

My teacher deserves \_\_\_\_\_.

My friend deserves \_\_\_\_\_.

My mom/dad deserves \_\_\_\_\_.



Take a look at your answers above. Ask God to help you think about what others deserve so you can put them first this week.

## READ MICAH 6:8

## DAY 2

**Today's verse makes it pretty clear what God expects of those who follow Him. And it's not saying He expects us to be perfect.**

What God wants for us, what He expects of us, is pretty simple. We are called to act with justice—to treat others fairly. To love mercy—to choose kindness always. And to live humbly. God wants you to work hard at putting others first. He wants you to pay attention to the people around you and see how you can help. He wants you to choose to think about what someone else needs before you think about what you need. What does He expect? Humility.

Think about your day. Was there a time when someone else put you first? How did it make you feel? Was there a time when you chose to put someone else first? What happened?

Thank God for His love for you today and ask Him to help you "walk humbly" in His sight as you choose to put others first.

## READ ROMANS 12:3

## DAY 3

Have you ever accomplished something that made you feel proud? Maybe you finally got all A's on your report card. Maybe you landed that double back flip or made a free throw with a big swish.

When we accomplish things, it makes us feel good. But pride has a definite downside. When we start to think our accomplishments are all about us, and refuse to give God credit or acknowledge Him, that's when we get in trouble. That's why it's important that we "be reasonable" when it comes to how we think about ourselves. When you step back and remember that God is the one who makes everything possible, you won't let pride get in the way.

**Think about the last big thing you did that made you proud. Did you brag about it? Did you tell everyone? Did you give God credit?**

This week, practice "being reasonable." Each time you accomplish something and you find yourself starting to get puffed up with pride, bow your head and give God the credit instead.



## READ COLOSSIANS 3:12

## DAY 4

**When you stumbled out of bed this morning, what was the first thing you did after yawning and stretching? Did you get dressed?**

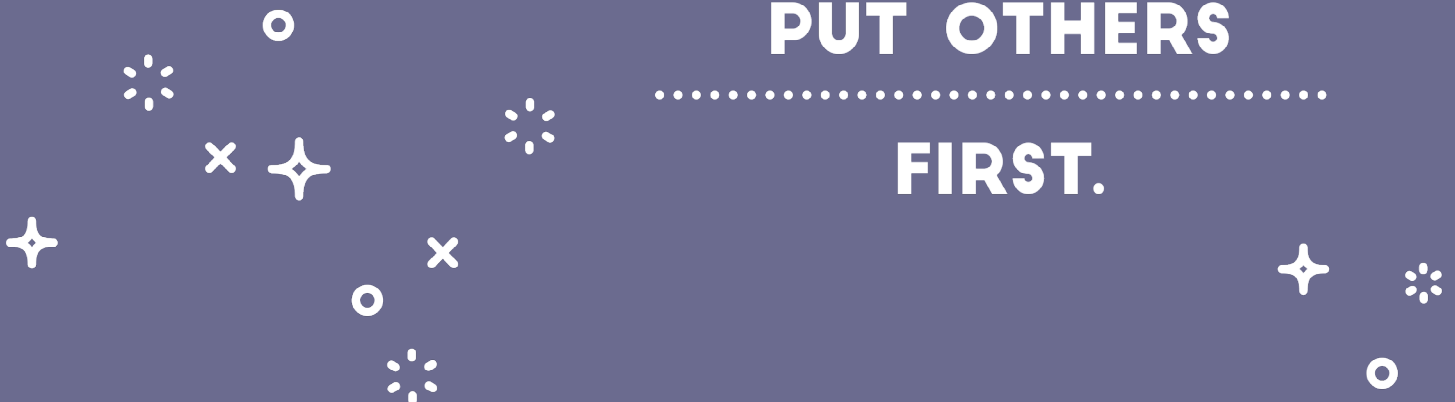
What if every time you got dressed, for one whole week, you thought about clothing yourself with humility? Stop for just a second and ask God to help you wear kindness like clothes and to walk with gentleness and patience.

One reason prayer is so important is because it reminds us that God is with us. When we ask God to help us live the way He wants us to live, He will. You are deeply loved by the God of all creation. So as you get dressed this week, ask God to help you walk in humility and put others first.

# PUT OTHERS

.....

# FIRST.



# HOW DO YOU PUT OTHERS FIRST?

## DAY 5

What are some of your favorite things to do?

To the right, draw a stick figure version of yourself doing them.

Which of these activities would be the hardest for you to let someone else go first, be in charge of, or get their way? Update your stick figure drawing to show what that might look like, putting others first when it comes to your favorite activities.

Now circle one of the activities that you will do today or tomorrow. Decide how you can let someone else go first. If you think it's going to be really hard for you to do, call on someone from the list you made yesterday and ask them to help you by praying for you and encouraging you as you put others first today.

# HUMILITY

PUTTING OTHERS FIRST BY GIVING UP WHAT YOU THINK YOU DESERVE

## DAY 1

Go to [Studio252.tv](http://Studio252.tv) and watch this week's episode of The So & So Show. (Click on Fun2Watch! then The So & So Show.)

Even if you already saw it at church, feel free to check it out again!

### SO & SO TOP 3

After watching, write one thing that . . .

1) YOU LIKED: \_\_\_\_\_

2) YOU LEARNED: \_\_\_\_\_

3) YOU'D LIKE TO KNOW: \_\_\_\_\_

## DAY 2

### Read Matthew 26:36-44, 53-54

Go back and read Matthew 26:39, 42 and 44. Then fill in the blanks of this summary of Jesus' prayer:

**"My Father, if it is possible, let this cup of suffering and death pass from me. But let what you want be done, not what I want."**

Three times Jesus prayed that prayer, but ultimately, He chose to put others first above His own life! (Read Matthew 26:53-54.)

## DAY 3

When reading Matthew 26, we can uncover a couple of reasons Jesus was likely praying right before He surrendered to Judas and the religious leaders. Matthew writes, "He began to be sad and troubled." And then later we hear His prayer and realize He's asking God to change the plan . . . but if it's not possible, then He is surrendering His will and desires to God's.

Is there something in your life right now that has you sad or troubled? Write a bit about the situation here. \_\_\_\_\_

\_\_\_\_\_

If you were to ask God for what you want to happen in this situation, what would that look like? \_\_\_\_\_

\_\_\_\_\_

Now use what you wrote above to write a prayer to God, asking for His help in the situation you're facing. End your prayer as Jesus ended His, **"But let what you want be done, not what I want."**

## DAY 4

When Jesus surrendered His life to God's will, He wasn't alone. He took some of His closest friends with Him and asked them to stay away and pray for Him.

Choosing to humble yourself to what God or someone else wants isn't easy, and sometimes it takes asking someone else for help.

If you were to assemble a small group of people to hold you accountable for putting others first, who would be in your group?

\_\_\_\_\_

\_\_\_\_\_

Pick one or two people from the list you just made and find a way to reach out to them today. Tell them what you've learned this week about humility, and tell them that over the next couple of days, you're going to be putting it into action. Ask them to pray for you, that you'll be able to follow through and truly humble yourself to the needs of others.