



HUMILITY LESSON 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:
Work together on
memorizing this verse!

[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.

 Watch God's
Big Story

Listen to our
Playlist



Wonder about it!

What is one thing you are learning about God and the wonder of His big story?

How do you see God's story as part of your own story?

Family Conversations

Families, use this to prompt conversations at the table, in the car, and anywhere else your family experiences life together.

What does it mean to be humble? Who is someone you know who is humble?

- *What are some things Jesus did that showed humility?*
- *When was the last time you put someone else first? What happened?*
- *When was the last time someone else put you first? What happened?*
- *Is it easy or hard for you to show humility? Why?*

Interactive Prayer - More of You in Me

Humility is the opposite of pride. Being humble means thinking of others first instead of thinking about ourselves first.

After setting the table and before sharing a meal together, talk as a family about how everyone's empty glass is currently full of something even though they can't see it—it's air (the air representing pride and putting ourselves first). Then, when everyone's glass gets filled up with water (the water representing humility and putting others first with the help of the Holy Spirit), pride gets pushed out as we are filled with humility and the good fruit of God in us. Give family members a chance to push out pride by filling up their glasses with water and saying a simple prayer: **More of You in me, Jesus.**

To extend the object lesson, put plates under the glasses and allow family members to pour water into their cups until the water overflows onto the plates. As we put others first, God's love splashes out of us onto those around us!

Create It! - Humility Week

Showing humility can be difficult sometimes, but God doesn't leave His people on their own. Not only do those who follow Jesus have the perfect example of humility to follow—Jesus Himself—they also have the power of the Holy Spirit in them to help them do hard things like putting others first.

Print off a weeklong blank calendar page (or make your own) and label the top of the page, "Today I can be humble like Jesus by ____." Invite every family member to write one example of humility that they can put into action each day of the week. (Examples may include carrying in the groceries for someone, picking up trash at the neighborhood park or school, letting someone else go ahead of you in line, saying "thank you" to a person cleaning, etc.). Post the calendar in a place where everyone can see it and encourage each other to follow through on these acts of humility during the week, giving glory to God in the process.