

# **Humility**

## **Humility means being happy when other people succeed**

Tell your friends something you admire about them that you've never told them before

## **Humility lets us fully appreciate God's awesome power**

Sing the chorus of your favorite God song, pretend no one else is in the room

## **Humility means letting go of pride**

Share a time someone humiliated you in front of others. Forgive that person by praying

"Lord help me forgive the person who hurt me. Help me show them love & kindness."

## **Humility means taking responsibility for the things we've done wrong**

Confess one area of your life in which you have too much pride. Let the group

know how they can help you deal with this & ask them to

## **Humility means following Jesus' example of servanthood**

Wash & dry each group member's hands as an act of service

## **Humility means caring more about what God thinks than about what others think**

Thank God for creating you by creating an original noise or movement

## **Humility is about respecting those in authority**

Share about a person in authority you wish you'd treated better or respected

more. Commit to apologizing to this person if possible

## **Humility frees us from harshly judging others**

Hug each person & tell them you like them for who they are

## **Humility means not expecting credit or praise**

Tell a few corny jokes like a real bad standup comedian

## **Being humble lets us receive God's grace**

Lead your group in a prayer to become more humble & loving toward

others Lord please help us be humble, to be happy for others, help us to love others & serve them

## **A humble attitude lets us laugh at our mistakes**

Share one of your most embarrassing moments

## **Humility will be rewarded in heaven**

Share a rap or poem about a few things you're looking forward to in heaven

## **Read 2Chronicles7:14 A relationship with God includes humility, prayer, obedience & seeking God first**

Discuss: How can an attitude of humility help you when you do these things?

## **As long as you are proud, you cannot know God. As long as we're looking down on others, we cannot look up**

Share who it is that you look down on—see as lower than you. How can you

change this by looking up?

## **Pride in its worst form believing we are as great as God**

Share ideas for recognizing God's awesome power & greatness in our everyday lives

## **Read Ephesians4:2 It can sometimes be hardest to be humble with those closest to us**

How could you be more humble, gentle & patient this week with those closest to you?

## **Read Luke1:46–52 Instead of focusing on her great honor Mary gives God the glory**

Share one thing God has given you that you didn't deserve

## **Read Colossians3:12**

Everyone name one quality of a humble person. How is your group doing regarding these qualities? pray together for these gifts

**Read Deuteronomy 8:2-4**

Share one thing God gives you on a daily basis

**Read Matthew 11:29 several times over**

Share how you can imitate Jesus' humility in your life this week

**Read Ephesians 5:21 To submit means to give up power & authority & to respect others. Not a popular concept today, but one which God invites us to live.**

Share why do you think it is so hard?

**Read Colossians 3:23 It is easy to become proud of our world if we're only working to please others or be better than others.**

Share one area of your life at which you work hard to do well. How would working for God in this area help make you more humble about your accomplishments?

**Read Phillipians 2:5-11 Jesus is the ultimate example of humility**

Pray together: "Jesus thank you for humbling yourself, for experiencing suffering & temptation like we do & dying for our sins on the cross. Help us to have an attitude of humility in everything we do & depend on you for everything we have. Thank you for your blessings, which we don't deserve. amen"

**Additional Activities:**

**Act out:** your impressions of a proud person walking down the street

**Sketch, show & tell:** a picture of yourself being humble before God

**Sculpt:** one everyday object that makes you stay humble

**Pair up & Write:** a sentence about why it's hard to be humble. each writes a word until you have a complete sentence

**Share:** complete this sentence: Jesus is the ultimate friend because\_\_\_\_"

**Sketch, show & tell:** a symbol of humility- guess what each other drew & how it related to humility

**Sculpt:** a representation of one area in your life where you haven't given the credit to God yet

**Write:** a one sentence note to the person on your left, explaining how you see God working in their life & pass it to them

**Share:** When do you feel closest to God

**Sculpt:** your most treasured possession. Give it to a group member. How is this like giving humbly to God?

**Sketch, show & tell:** pretend your parent has just asked you to do something you hate doing. draw yourself with captions reacting humbly to the request

**Brainstorm** 5 words that come to mind hearing "servant" pick one that's particularly meaningful to you

**Share:** everyone name a famous person. Do you think this person is proud or humble?

**Act out in pairs:** practice giving a compliment to someone you have a hard time getting along with. Give each other feedback on ideas & then commit to giving the complements

**Sketch, show & tell:** an example of God's incredible power around you

**Sculpt:** a symbol of your pride. Silently ask for God's forgiveness as you squash it with your hand

**Write in pairs** lyrics to a song thanking Jesus for becoming human so we could have a relationship with him

**Sketch, show & tell:** an animal that demonstrates an aspect of humility

**Share:** we should be more like this animal because\_\_

**Speed charades:** 5 seconds to act out your favorite movies while others guess

**Sketch, show & tell:** a symbol of your favorite hobby. **share:** how can someone be humble while doing this activity

**Sculpt:** something in nature that is not considered very great. How could it be great in God's eyes?

**Pray:** Lord help me be humble tomorrow as I \_\_

**Brainstorm & Share:** a recipe for humility, everyone adding one ingredient, including the amount & how it is added to the mix

**Write:** a short note to as parent or teacher, thanking them for their guidance & love & give it to them

**Read:** 1Peter5:6 about humbling yourself under God's almighty hand

**Sketch, show & tell:** one reason you're glad Jesus is in your life

**Act out:** one way to act humble, gentle & patiently toward a date

**Act out:** superheros who have powers but are humble about them

**Sketch, show & tell:** a great gift someone recently has given you

**Discuss:** how can you thank friends for what they mean to you?

**Sculpt:** a cross & reflect on the amazing humility Jesus showed when he died for you

**Write:** H-U-M-B-L-E with one descriptive letter for each letter

**Brainstorm:** how could you serve someone without the person finding out

**Sketch, show & tell:** a cartoon panel of yourself humbly doing something you do often

**Pair up & share:** writing a few words about the struggle you have with pride & after sharing them pray for each other

**Reflect & discuss:** humility involves giving every aspect of our life to God, including our relationships. How can you give a relationship to God?

**Sketch, show & tell:** draw a picture of someone in your life you are proud of

**Discuss:** How does God fill you up with good things?

**Share in pairs:** one way you will submit to God this week. How can we encourage each other to submit to God?

**Reflect & share:** Situation: you got a spot on a team & someone who annoys you didn't. This person congratulates you. What do you say?

**Act out:** improviser a person learning humility in a humorous way. Try to guess what is being acted out

**Sketch, show & tell:** an advertisement for a product that humbles people who think they are greater than they really are

**Write & share:** an original proverb about humility

**Reflect & share:** situation: someone who annoys you is claiming credit for something you've done, and everyone is very impressed. What do you say?

**Alone:** humbly praise God

**Sketch, show & tell:** caricatures of proud & humble persons. What exaggerated features does each have? What can we learn from this?

**Brainstorm & Share:** a list of things you value most in life. Cross off the things you think God doesn't value. How can we use the remaining lists as reminders the next time we get jealous?

**Brainstorm** ideas for helping your group focus on serving God & others

**Act out:** someone was given a reward instead of you. Role-play how you would respond to the news

**Sketch, show & tell:** an artistic design that demonstrates how much God cares for you despite your sin

**Sculpt & share:** a gift for Jesus that commemorates some aspect of your friendship with him

**Reflect & act:** who does a humble job serving at your church. Write a note thanking them & give it to them

**Pray:** each day for someone you normally look down on, thanking God for their unique qualities. Take a moment to encourage them face to face, in e-mail or phone call

**Pray:** tell God how much you need him & thank him for all he's done

**Read:** John 13:1-17 reflect on how you can be a servant family member & do it

**Share:** embarrassing moments

**Choose:** the next time someone starts an argument with you or is rude to you quietly walk away rather than going back at them

**Reflect:** more ways you can live humbly this week