



**INTRODUCTION**

In **Philippians 2:3-8** Paul explains how Jesus is the ultimate example of humility. *As you deal with one another, you should think and act as Jesus did . . . He was humble and obeyed God completely. He did this even though it led to his death, (NirV).* As God's Son, Jesus was equal with God, but instead of using that to His advantage, Jesus put us first and made a way for us to have a relationship with God.

<b>PAGE</b>	<b>RESOURCE</b>	<b>NOTES</b>
2	<b>Activity Page &amp; Discussion Questions</b>	Family Play & Conversations Starters
4	<b>God Time</b>	Weekly Activities for Kids
6	<b>The Parent Cue</b>	Inspiration for Parents

**BIBLE STORY**

Lean on Me (*Servant Principle*) — Philippians 2: 3-8

**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 yourself.” — Philippians 2:3 NirV

**LIFE APP**

Humility — putting others first by giving up what you think you deserve.

**BOTTOM LINE**

Put others first because Jesus put you first.

**BASIC TRUTH**

I should treat others the way I wanted to be treated.



# JESUS CHANGES EVERYTHING

PARENT CUE • PRETEEN • Week of April 19th

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

First, watch this video

<https://bit.ly/PreteenUpsideDownWeek3>

Then follow up with the activity below!

## 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 yourself.”

Philippians 2:3 (NIV)

## LIFE APP

### HUMILITY:

putting others first by giving up what you think you deserve

## BIBLE STORY

Lean on Me  
(Servant Principle)  
Philippians 2:3-8

## KEY QUESTION

What keeps you from putting others first?

## ACTIVITY: UPSIDE DOWN

### WHAT YOU NEED:

notecards or scraps of paper  
pens/pencils  
Bible

### WHAT YOU DO:

Look up Philippians 2:3-8 in the Bible. Work together as a family to write each verse in your own words, one sentence/phrase per index card. Then, for each card you have, come up with one way to “be upside down.” You could lean off your bed so your head’s hanging down . . . someone could do a handstand while someone holds their feet up . . . you could do a backbend with your arms and feet on the floor—anything goes as long as it’s (relatively) safe and approved by at least one responsible adult!

Take turns “going upside down” and attempting to say one phrase from the verse. Once you get the hang of it, take turns performing an upside-down trick and saying one of the verse phrases, going as quickly as you can from one trick to another. See how quickly you can say the entire verse while doing the upside-down tricks!

### Talk about the Bible story:

- How did Jesus turn things “upside down” when He died on the cross for us? (It’s not natural to put someone else ahead of yourself, especially not in such a big way)
- What does it mean to “value” someone else more than yourself? (To put their needs ahead of your own)
- How does it feel when someone puts you first in a big way?
- What keeps you from putting others first sometimes? What can you do about that?

## PRAYER

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

“God, it’s really hard to put others first. Most of the time, we want to make sure we’re doing what WE want to do and getting our own way. But when You sent Jesus to die for us, You turned that thinking upside down! Especially as we have a lot more time together than we normally do, please help us to always be thinking about how to put someone else ahead of ourselves. In Jesus’ name we pray. Amen.”



PARENT CUE

Download the free **Parent Cue App**  
AVAILABLE FOR IOS AND ANDROID DEVICES

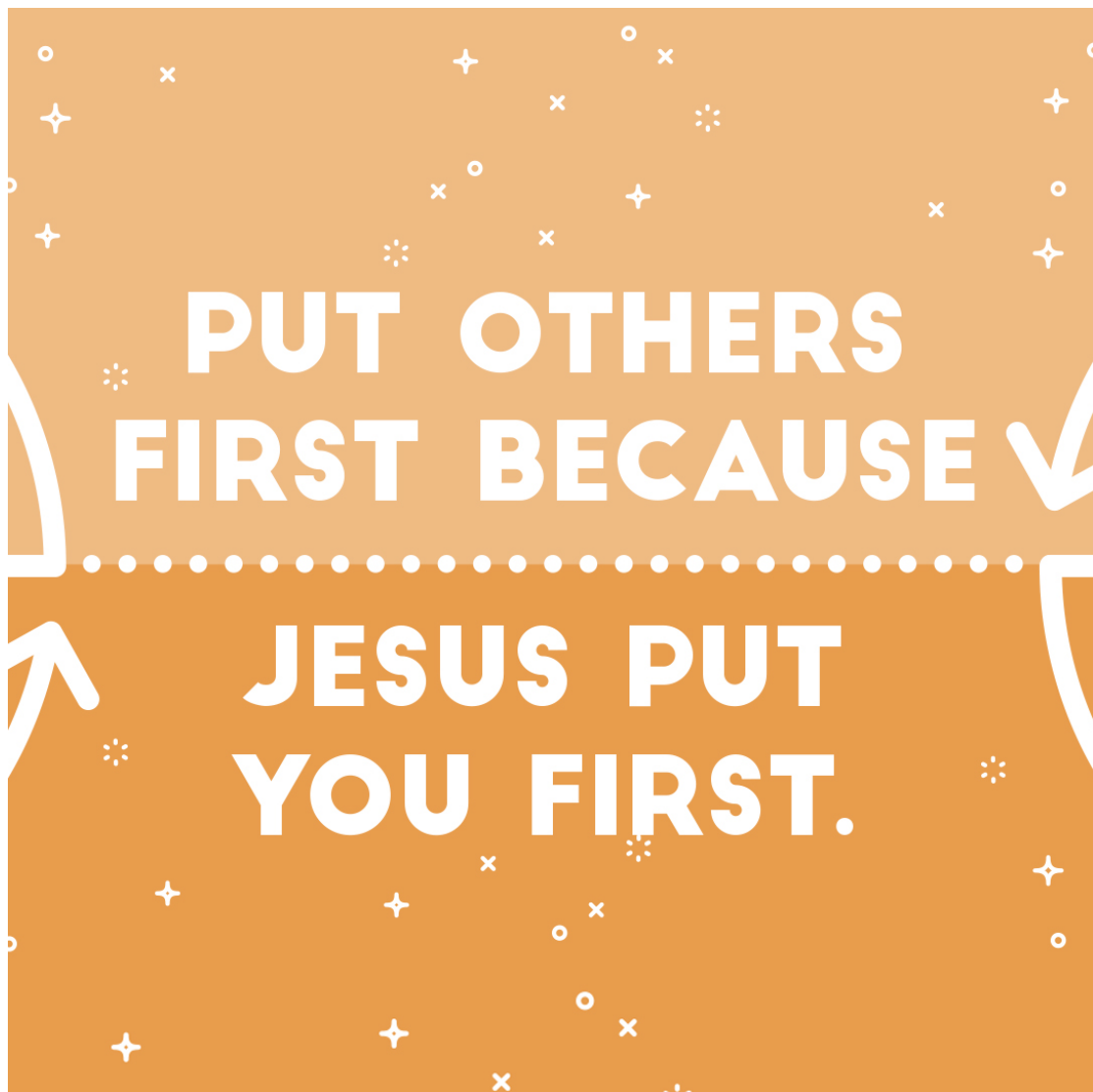
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## DISCUSSION QUESTIONS

- How do you know that Jesus put you first?
- Why does Jesus putting us first mean that we need to put others first?
- What keeps you from putting others first? What can you do to get rid of those barriers and put others first more often?

## QUESTIONS?

Contact us with any questions you have about this activity guide. Please note, we can best support you during the week (Monday thru Friday). No question is too big or too small. We're here to help! With love, Elisa Booker and Danielle Swink





WEEK 3

## DAY 5

**Today, practice being last at everything you do.**

**Not late . . . just last.**

- If a line forms to do something at school, let others go ahead of you.
- When you and your sister arrive at the bathroom door at the same time, let her go first.
- When the brownies are cut at the dinner table, let everyone else pick first.

**Put others first all day long.**

Then tonight, spend some time praying and thanking God for the chance to lead with humility. Because that's what you did when you put others first today! By valuing others more than yourself, you showed true humility, as Jesus Himself modeled for us.

## 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:** \_\_\_\_\_

PRETEEN

## DAY 2

### Read **Philippians 2:3-7a**

In the re-write of Philippians 2:3-7a below, write in the words that have been substituted by a math symbol.

*Don't do anything only to get ahead. Don't do it because you are proud. Instead, be humble. Value others > yourselves. 0 of you should look out just for your own good. Each of you should also look out for the good of others. As you deal with 1 another, you should think + act as Jesus did. In his very nature he was God. Jesus was = with God. But Jesus didn't take advantage of that fact. Instead, he made himself 0.*

You may not think of humility like a math equation, but it kind of is! It means making others > yourself. We have the best example in Jesus, who made himself 0 . . . nothing . . . even though He is = with God!

(Answers: more than, equal, one, and, one, none, one, one, one, one, one)

## DAY 4

Who is the person that you wrote about yesterday that you have the hardest time showing humility to? Today, find that person and apologize for the times that you've been too prideful to put them first. You may want to do it in person, or you may find it easier to send a text or email or write them a note.

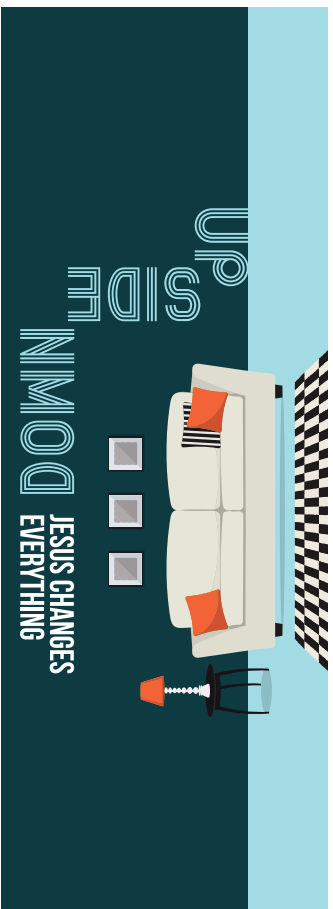
## DAY 3

Look back at yesterday's equation. The math may not be hard, but there is a super hard part of the equation: making others > ourselves, or making ourselves 0. Easy to solve, not so easy to live!

Thankfully, we not only have Jesus' example, but we also have God's help. We just need to ask Him. Fill out the blanks in the prayer below. Then, as you read the prayer out loud, move as the words in parentheses guide you.

**"Dear Jesus, thank You for coming down from heaven (kneel with one knee on the floor) and humbling Yourself to die for me. The fact that You, God's Son, would give up Your life for me (put your hand on your chest) is amazing to me. I am incredibly thankful, and I want to follow in your footsteps (walk a few steps) and put others first too (take a big step back). One area or person I have trouble with humility is \_\_\_\_\_ . I confess it's hard because \_\_\_\_\_ . Help me to put others first in this situation, even though \_\_\_\_\_ . Thank \_\_\_\_\_ . You for loving me (cross your arms over your chest) even when I'm not good at putting others first, and help me to live a life of humility (kneel with one knee on the floor) like You did. Amen."**

If that's not possible, or if there's not one particular person, then find a trusted friend or parent and share with them your struggles to put others first. Ask them how they've struggled with humility too, and together, share one area where you can each **put others first because Jesus put you first.**



WEEK THREE

SERVANT PRINCIPLE • PHILIPPIANS 2:3-8



ASK THIS:

WHAT KEEPS YOU FROM PUTTING OTHERS FIRST?



REMEMBER THIS:

"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



DO THIS:



Jesus humbly gave up His life for us. But for most of us, showing humility will look different: It looks like playing with a younger sibling or allowing others to use your stuff. Share two ways you could put others first this week. Ask God to give you the power to let go of some things you think you deserve in order to put others first.

HUMILITY:

PUTTING OTHERS FIRST BY GIVING UP  
 WHAT YOU THINK YOU DESERVE

## HUMILITY WINS

By Mike Jeffries

Anyone who ever played for UCLA Basketball Coach John Wooden, one of the greatest coaches of all time, knew that he was more about building character than he was about winning basketball games—although he did both pretty well. His teams won ten championships during a 12-year period, the final one in his last year of coaching in 1975.

He was famous for his “pyramid of success,” fifteen different elements like “competitive greatness” and “teamwork.” But Wooden said one quality was more important than all the rest and made the rest possible: unselfish humility. Wooden would tell his players: “Talent is God-given. Be humble. Fame is man-given. Be grateful. Conceit is self-given. Be careful.” Be humble. Be grateful. Be careful. Sounds like he had the balance between ego and humility down pretty well.

David Marcum and Steven Smith, in their book *Egonomics*, echo Wooden’s sentiment that unselfish humility is the foundational quality for every other step to success. In their book they state, “As a trait, humility is the point of equilibrium between too much ego and not enough.” It’s the proper tension between a discouragingly low self-esteem and exceedingly high self-confidence.

In a book written for the business world, they make a good point: “As an indispensable trait of great leadership,

humility must make its way past the pulpit of Sunday sermons and into the cubicles and boardrooms. Humility should be our first reflex.”

Of course, on our children’s playgrounds, humility looks a lot different than it does in a workplace, a church, or even a college basketball court. As we explore this idea of humility with our kids, we show them humility doesn’t mean getting stepped on or kicked around, or looking down on themselves. “Humility is not the equivalent of being weak, ignored, indifferent, boring, or a pushover,” according to the book. “Humility must include confidence, ambition, and willpower.”

That’s why we’ve chosen to define humility as “putting others first by giving up what you think you deserve.” That’s a scenario every kid can imagine. And it comes right out of the Bible: **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*).

Coach Wooden described it this way: “Don’t try to be better than someone else. Always try to be the best you can be.”

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