



# LESSON 30 | Humility

**Bible Basis:** Daniel 4:1–37; John 13:1–17

**Key Verse:** Philippians 2:3: “Value others more than yourselves.”

**Key Question:** What does it mean to value others before myself?

**Key Idea:** I choose to value others more than myself.

**Resource:** *Believe Storybook Bible*, Chapter 30, “Humility”

## Master Supplies List

- ☐ *Believe Storybook Bible* (optional)
- ☐ PowerPoint slides or printable posters of illustrations
- ☐ Bowl or container big enough for foot washing (fill it with warm water)
- ☐ Two towels
- ☐ Soap
- ☐ Container filled with dirt
- ☐ Family Page (one per child)

## Optional Supplies

You will need the following supplies based on which option(s) you choose in **STEP 3 | Explore More:**

- ☐ **OPTION 1:** Black, yellow, and white craft foam (or construction paper); glue sticks; large wooden craft sticks; googly eyes; black pipe cleaners
- ☐ **OPTION 2:** Set of cards with talents written on them
- ☐ **OPTION 4:** Crayons or markers, Let’s Color! sheet (one per child)
- ☐ **OPTION 6:** Two puppets, cookie, plate

## STEP 1 | Come Together (10 min)

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**Supplies:** Bowl or container big enough for foot washing (fill it with warm water), two towels, soap, container filled with dirt

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### FOOT WASHING

- GATHER the children
- ASK, Who wants to be my very special volunteer today? This person has to be willing to let me touch their feet without giggling and losing control. Who can do that?
- CHOOSE a volunteer. Instruct the child to take off their shoes.
- SAY, When Jesus lived on this earth over two thousand years ago, people walked everywhere. They walked everywhere on dirt roads, and they wore sandals! So imagine how dirty their feet were!
- PUT dirt on your child volunteer's feet and rub it around.
- CONTINUE, When people would go to someone's house for dinner, the owner of the house would often give the guests a pan of water so they could wash their dirty feet before sitting down to eat at the table. Having someone wash their feet made the guests feel honored and special.
- ASK your child volunteer, "May I wash your feet before dinner?"
- WASH and dry the volunteer's feet.

### SERVANTS

- EXPLAIN, Did you know that only servants washed people's feet? Servants were the lowliest of the low. Servants were there to help other people. Servants had no power or importance. Servants took orders from so-called important people like kings and queens.
- ASK, Well, guess what Jesus did just before he went to the cross to die for our sins and to be our Savior? He gathered all his friends into one room, and he washed their feet! Jesus, the King of the universe, the God who created you and me, got down on his hands and knees and washed people's dirty, smelly, tickly feet!
- SAY, Jesus was a servant. Can you say that with me? (Repeat "Jesus was a servant" several times)
- SAY, Jesus wants you to be a servant too. Servants are humble. Can you say that word with me? (Repeat *humble* several times)
- ASK, What do you think it means to be humble? (Take responses)
- EXPLAIN, Humble people are servants, like Jesus. Humble people put God and other people first.

## KEY VERSE

- REVIEW this week's Key Verse. You may want to repeat the verse slowly a few times until the children are able to say it from memory.
- **NOTE:** You may also choose to review last week's Key Verse together.

Philippians 2:3

Think of others (Point away from self with both hands)  
as better than yourselves. (Thumb to chest, pointing to self)

## STEP 2 | Hear the Story (15 min)

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**Supplies:** *Believe Storybook Bible* (optional), PowerPoint slides or printable posters of illustrations

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### INTRODUCTION

- TELL the children that they will be learning about pride and humility.
- SAY, *Pride* means putting yourself first all the time or thinking you are better than others. God does not want us to be prideful. When you hear about pride in the story, show me a thumbs-down, because God doesn't like pride.
- CONTINUE, Humility is the opposite of pride. It means putting God and others before us. When you hear about humility in the story, show me a thumbs-up, because God wants us to be humble.

### READ CHAPTER 30

- READ aloud the story script below or chapter 30, "Humility," from the *Believe Storybook Bible*.
- SHOW the illustrations included with this curriculum on PowerPoint slides or printable posters.

#### THE STORY OF THE BAD DREAM

- A long time ago, King Nebuchadnezzar was king of a huge country. This made him very proud. He thought he was better than everyone else. God changed him from a proud king into a humble king.
- One night, King Nebuchadnezzar had a bad dream. In his dream, he saw a big, beautiful tree. The tree touched the sky and it could be seen from everywhere. It was full of fruit and

birds' nests. Animals slept under the tree. Then a messenger from heaven said, "Cut down the tree. Let the animals run away. King Nebuchadnezzar will think and live like an animal. Then everyone will know that all power belongs to God."

- No one knew what the dream meant, so King Nebuchadnezzar asked Daniel. God helped Daniel understand the dream. He said, "This dream is a warning from God. You will lose your power. You will live and eat like an animal for seven years. You must learn that power comes from God. You must be humble and know that God is the King. Then you will get your kingdom back."
- King Nebuchadnezzar did not listen to the warning. He was still proud. Then the dream came true. He lost his power. He acted and ate like an animal. After seven years, he looked up to heaven. He said, "You are the only true God." King Nebuchadnezzar was humble. When he honored God, he became a better king than he was before.

#### THE STORY OF JESUS WASHING FEET

- Jesus is the greatest king who ever lived. But he never had a shiny castle on Earth. He never had servants. He was not proud. Jesus is the most important person in the world, but he is humble. He showed his disciples how to be humble by serving them.
- Just before Jesus died, he gathered with his disciples for supper. They could not eat until they had washed the dirt off their feet. Who would wash their feet? There was no servant there to do it.
- Jesus got up and filled a bowl with water. He knelt down in front of Peter.
- "No," said Peter. "You can't wash my feet."
- Peter thought Jesus was too important for this humble job. But Jesus wanted to show his disciples how to love one another. He washed the feet of all of his disciples. Then he said, "See how I served you? I want you to serve each other in the same way. Be humble, not proud. Then you will be blessed."
- How can you be humble like Jesus? Treat others as more important than yourself. Love others, and you will be blessed too.

## REVIEW KING NEBUCHADNEZZAR

- ASK, Who was Nebuchadnezzar? (He was king over the largest country in the world)
- ASK, What did King Nebuchadnezzar dream? (He dreamed of a large tree that was cut down, and all its birds and animals scattered)
- ASK, How did God teach Nebuchadnezzar a lesson about humility? (The king lost his power and had to live and eat like an animal for seven years)

## REVIEW JESUS

- ASK, Why did Jesus wash his disciples' feet? (They were dirty from walking on the road; he wanted to show them how to serve others)
- ASK, What does this story show us about Jesus? (He is humble; he puts others before himself; Jesus is a servant)
- PRAY, Dear God, please help us to be humble like Jesus. Help us to put you and other people first. Show us how to love and to serve people. Amen.

## STEP 3 | Explore More

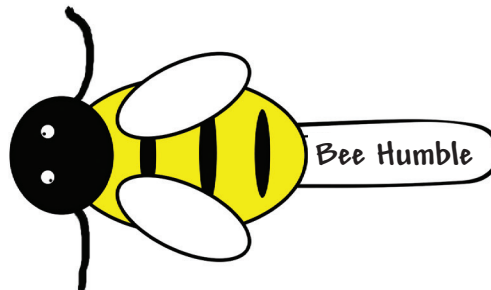
Choose from these activity options, depending on your available time frame, to help the children explore the lesson further.

### Option 1: Humble Bees (20 min)

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**Supplies:** Black, yellow, and white craft foam (or construction paper); glue sticks; large wooden craft sticks; googly eyes; black pipe cleaners

**Teacher Prep:** Cut the craft foam (or construction paper) so that each child has the pieces to assemble a bee: yellow oval body, black stripes, black circle head and white wings. If using craft foam, poke two holes at the top of the circle (to thread the pipe cleaner through). Write "Bee Humble" near the end of each craft stick.



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- SAY, God wants us to be humble like Jesus is. This "Humble Bee" will remind us to practice being humble.

- GIVE each child a craft stick and a yellow oval.
- DEMONSTRATE how to glue the body to the stick so the words still show.
- GIVE each child a black circle and stripes.
- DEMONSTRATE how to glue the head and stripes to the body.
- GIVE each child a set of white wings.
- DEMONSTRATE how to glue the wings to the back of the body.
- GIVE each child a pair of googly eyes.
- DEMONSTRATE how to glue the eyes on the head.
- GIVE each child a six-inch length of pipe cleaner.
- DEMONSTRATE how to thread the pipe cleaner through the holes on the bee's head and curl them to make antennae. (Or show them how to curl the pipe cleaners and glue them on the construction paper.)
- TELL the children to keep their Humble Bee somewhere visible so they will be reminded every day to practice being humble.

## Option 2: God-Given Talents (15 min)

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**Supplies:** Set of cards with talents written on them (e.g., drawing, running, caring for others, singing, playing piano)

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- SAY, God has given everyone different talents. When we are good at something, we shouldn't become proud, because our talent is from God. He doesn't want us to think we are better than someone else, because they just have different talents than we have.
- CONTINUE, We're going to take turns acting out special talents. The rest of the class has to guess what the talent is.
- CALL the first volunteer to choose a card.
- READ that card to the volunteer in a whisper and have them act out the talent without talking.
- TELL the other children to raise their hands if they want to guess what the talent is.
- ALLOW the volunteer to call on children until someone guesses correctly.
- CONTINUE until every child has had a turn acting out a talent.

## Option 3: Matthew 19:30 (10 min)

- INSTRUCT the children to stand in a circle.
- TELL them that God has asked us to put other people first. The Bible says that people who put themselves first will be last and those who put themselves last will be first in God's kingdom.

- LEAD them in several rounds of the following song and include hand motions. You may want to try different rounds—just the boys or the girls singing, using a whisper voice, or standing up.
- **NOTE:** This is sung to the tune of “Farmer in the Dell.”

The first will be the last	<i>(hop to face the right)</i>
And the last will be the first!	<i>(hop to face the left)</i>
The first will be the last	<i>(crouch down with hands held low)</i>
And the last will be the first!	<i>(hop up with hands in the air)</i>

### Option 4: Let’s Color! (10 min)

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**Supplies:** Crayons or markers, Let’s Color! sheet (one per child)

**Teacher Prep:** Print and photocopy the Let’s Color! sheet (one per child).

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- GIVE each child a Let’s Color! sheet.
- PROVIDE a selection of crayons and/or markers for the children to share.
- DISCUSS this week’s Key Idea as the children color.

### Option 5: Praise and Worship (15 min)

“Make Me a Servant Humble and Kind” by John H. Morton  
 © 2004 by John H. Morton (admin. by Music Precedent, Ltd.)  
 CCLI #4532174

“I’m in the Lord’s Army” by Patricia Martin, Tommy Greer  
 ©1993 by Word Music, LLC (a div. of Word Music Group, Inc.)  
 CCLI #1420705

### Option 6: Act It Out (10 min)

#### Showing Humility

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Use two puppets to act out the following short skit. You will need a prop to represent a cookie on a plate.

#### Characters

Teacher  
 Sam  
 Chloe

#### Props

Two puppets  
 Cookie  
 Plate

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**Teacher:** Sam, I see that you have a delicious cookie on your plate.

**Sam:** Yes, it's mine, and I can't wait to eat it!

**Teacher:** But Sam, you've already had two cookies, and your friend Chloe hasn't had any. Remember, God wants us to put others first. Maybe you can practice being humble and offer to share your cookie?

**Sam:** (*sadly*) Oh, fine! Hey, Chloe, here's a cookie!

**Chloe:** Oooh, yummy! I saw you eating those and they sure looked good. I was hoping you'd offer one to me!

**Sam:** (*sadly*) Yeah, I kind of have to. I really wanted it, but I'm supposed to think of others or something. Go ahead. Take my last cookie. See if I care.

**Chloe:** Uh, never mind. I don't really want it.

**Teacher:** Now, Sam, that wasn't a very good attitude. You offered Chloe your cookie with your words, but your attitude showed that you didn't really want her to have it. That's not really being humble. God doesn't want us to pretend or to be fake. Why don't you try again?

**Sam:** (*angrily*) Ugh, okay! Chloe, eat the cookie!

**Chloe:** N-no, thanks.

**Sam:** (*angrily*) I said eat it! I have to give it to you, so go ahead and eat it! Can't you see I'm trying to be humble here? Grrr ... eat the cookie!

**Chloe:** Yikes! I have to go.

**Teacher:** Oh, Sam, that wasn't the best attitude either! You acted so angry and bossy that Chloe didn't want the cookie. And she didn't even want to hang around.

**Sam:** (*whining*) But I was trying to be humble and share my cookie! I told her to have it!

**Teacher:** You know what's going on here? We can't be humble without God's help. He's the One who helps us to be humble. It's God's Holy Spirit that gives us the power to put other people first and to be happy about it. Maybe we could pray and talk to God and ask him for some help?

**Sam:** Okay.

**TEACHER** *takes SAM'S hand to pray.*

**Teacher:** Dear God, change our hearts. Help us to love other people more than we love ourselves. Help us to see how much you love people. Give us more love, more love, more love, dear God! Amen.

**Sam:** Amen. Well, what do I do now? Chloe's probably mad at me or scared of me. I feel bad. I was kind of a selfish jerk, huh?



**Teacher:** It's okay, Sam. We're all selfish at times. That's why we need to keep saying we're sorry and asking people to forgive us. Why don't you take the cookie to her and apologize.

**Sam:** I will! I'll apologize. Hey, Chloe!

**Chloe:** Uh, yes?

**Sam:** I'm sorry for acting so crazy about having this last cookie. (*holding out the cookie*) Here. I want you to have this.

**Chloe:** Really?

**Sam:** Really.

**Chloe:** Thanks so much! You want to split it?

SAM and CHLOE *eat the cookie together.*

## STEP 4 | Going Home (5 min)

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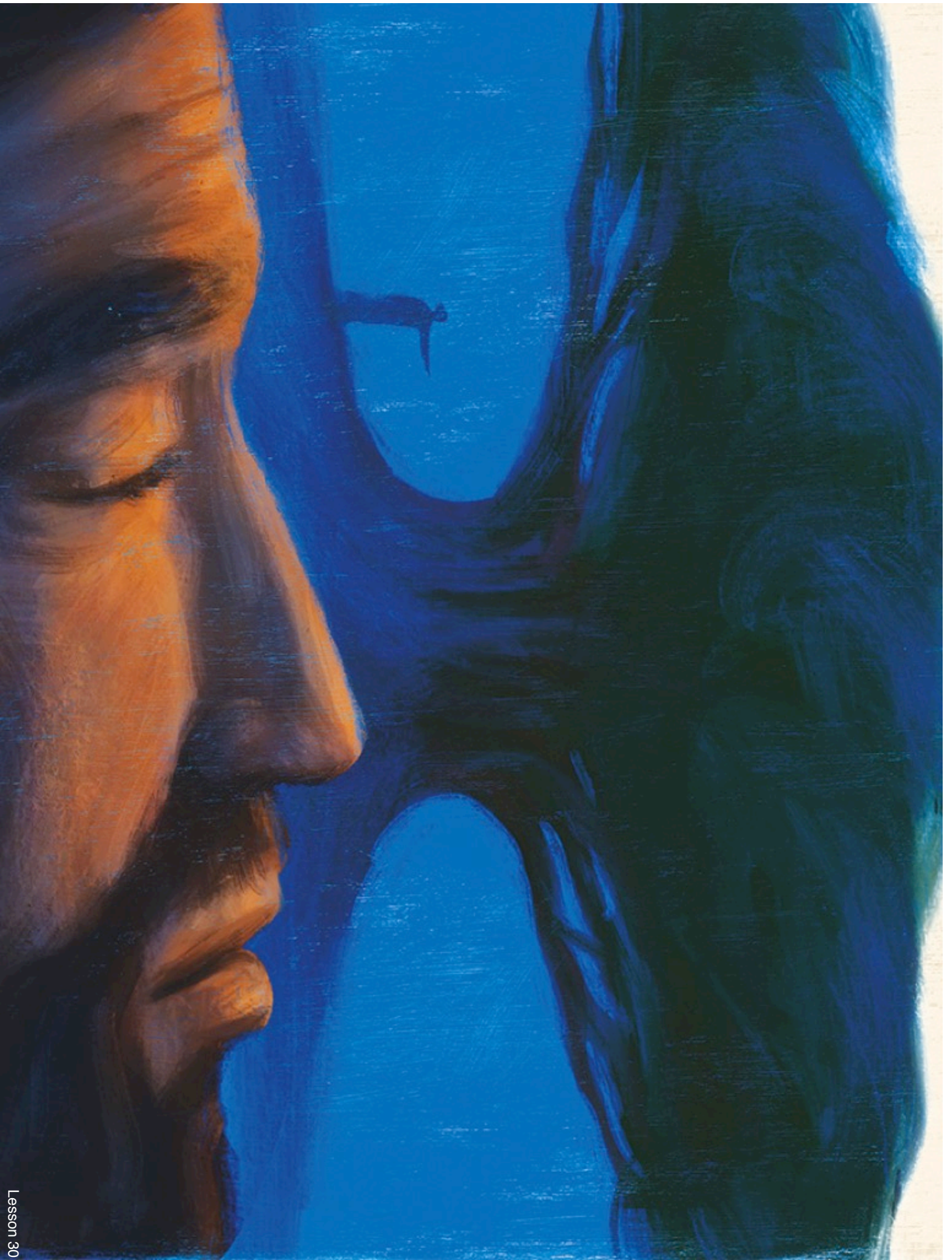
**Supplies:** Family Page (one per child)

**Teacher Prep:** Print and photocopy the Family Page (one per child).

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- GIVE each child a copy of this week's Family Page.
- SAY, Give this page to your family when they pick you up. It will remind you to tell your family what you learned today about Jesus' example of humility.
- HAVE the children practice telling you about how we can be humble.
- REVIEW this week's Key Verse as well as today's story and Key Idea from the *Believe Storybook Bible* as you wait for the children to get picked up.
- MAKE sure each child remembers to take home any activity sheets or craft projects and the Family Page.























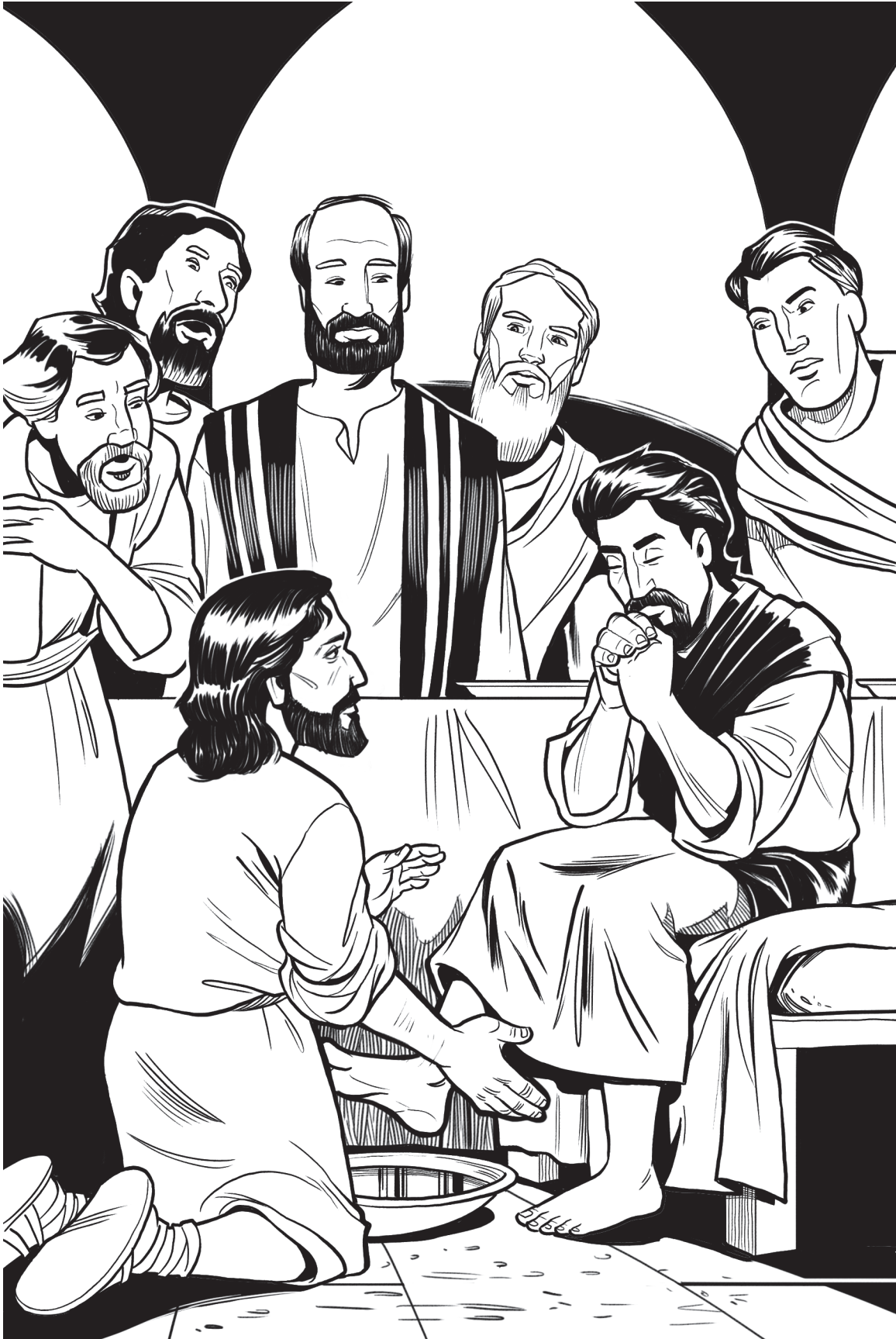








Let's Color! Name: \_\_\_\_\_







# FAMILY PAGE | Lesson 30: Humility

**Bible Basis:** Daniel 4:1–37; John 13:1–17

**Key Verse:** Philippians 2:3: “Value others more than yourselves.”

**Key Question:** What does it mean to value others before myself?

**Key Idea:** I choose to value others more than myself.

**Resource:** *Believe Storybook Bible*, Chapter 30, “Humility”

## How to Use This Page

This week, your family can either read the story from the *Believe Storybook Bible* or read the Bible Basis passages from your Bible to help your child remember the lesson. Use the Table Talk questions below to start a discussion around the dinner table, while driving in the car, or just about anywhere. The Living Faith activity is designed to remind your child of the Bible lesson through a drama or other engaging activity. The Extra Mile idea provides interactive ways for your child to connect with the story.

## Table Talk

1. What did Jesus do to remind us that we should be servants? (He washed his followers’ feet)
2. What does it mean to be humble? (To put God and others first; to not think of yourself as being better than others)
3. Jesus washed his disciples’ feet. What are some ways you can serve others?
4. When is it hard to put others before yourself?

## Living Faith

### Option 1

Let your child serve you (or another caregiver) with a modern foot washing! Set up a foot bath by helping your child fill a tub with soapy water. Provide foot scrub, simple pedicure tools (nothing sharp), and lotion. Help your child tie a towel or apron around their waist and then talk them through the steps and thoughts of service related to washing another person’s feet.

## Option 2

Let your child reenact Jesus washing the disciples' feet using plastic dolls or figures. At bath time, set up several dolls. If you like, get their feet wet and sprinkle them with a little cocoa powder to get them "dirty." Allow your child to serve each one by washing their feet in the tub. Make sure to have Peter put up a fuss!

## Extra Mile

- Practice this simple song together, or ask your child to perform it for an audience (to the tune of "The Farmer in the Dell").

The first will be the last           *(hop to face the right)*  
And the last will be the first!   *(hop to face the left)*  
The first will be the last           *(crouch down with hands held low)*  
And the last will be the first!   *(hop up with hands in the air)*

- Jesus tied a towel around his waist to show that he was ready to serve. Make or buy a child-sized apron for your child and encourage him or her to serve others! You might be amazed how this simple change in uniform gives them the mind-set of a servant. You can even set a time and say, "For ten minutes, wear the apron and see how much you can serve others."
- King Nebuchadnezzar isn't the only one who learned a lesson in humility. Read classic fables with your child, such as "The Tortoise and the Hare" or "The Fox and the Raven." Discuss which character was proud and which was humble. Discuss the behavior that the proud character could have shown in the story if that character was acting like a humble servant of God.
- Give your child the opportunity to serve others. The next time someone in your family has a special day, help your child prepare a simple "breakfast in bed" for them. Your child will enjoy working with you to pour cereal, wash fruit, and carry a tray into the room. While the person eats, have your child sing them a few songs or read a favorite book to them.