

HUMILITY

LESSON TEXT

Proverbs 13:10, 16:18; 2 Kings 5:1-15

LESSON OBJECTIVES

- Using the story of Naaman, the students will identify the consequences of pride and the blessings of humility.
- The students will define the terms "pride" and "humility," and give examples of each.
- The students will practice humility by asking an older disciple for help with quiet times.

MATERIALS NEEDED

For each student:

- pen or pencil
- 2 sheets lined paper
- 1 index card (3" x 5")

For the teacher:

- 1 copy of "Good News from the Kingdom"
- globe or map of the world
- dictionary
- extra Bibles
- pen or marker

Reproducible Pages:

- Page A, 1 copy for each student
- Page B, 1 copy for each student

LESSON PLAN

Getting Ready

Faithful Instruction
 Teacher Focus
 Teacher Tips
 Preclass Activity: Talents List
 Starting Up
 Welcome and Singing
 Opening Prayer
 Victories
 Good News from the Kingdom

Getting into God's Word

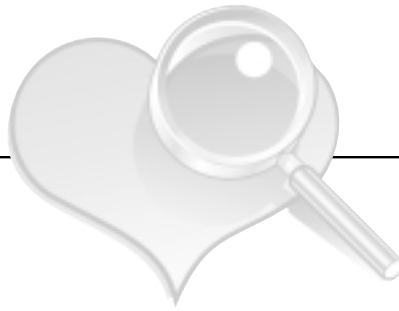
Story: The Pitfalls of Pride
 Scripture Study
 Activity: Naaman's Apology to Elisha

Getting It to Others

Scripture Memory: Proverbs 13:10
 Weekly Challenge and Snack Time
 Conclusion

SCRIPTURE MEMORY VERSE

Pride only breeds quarrels,
 but wisdom is found in those who take advice.
 Proverbs 13:10



FAITHFUL INSTRUCTION

TEACHER FOCUS

Pray before preparing this lesson. Read and meditate on Proverbs 16:18 and 2 Kings 5:1-15. Consider different situations in which your humility has led to great changes and/or blessings in your life. Sharing these practical experiences with your students will strongly reinforce the lesson for them.

TEACHER TIPS

Much of the pride that is seen in preteens is the result of the imitation of their role models. As their teacher, they especially look to your example when they or their peers begin to act pridefully toward their parents, teachers and friends. You are not expected to be perfect; rather, you should strive for perfection in the humility of Christ. It is healthy and effective to let your students know how imperfect you can be sometimes.

PRECLASS ACTIVITY

TALENTS LIST

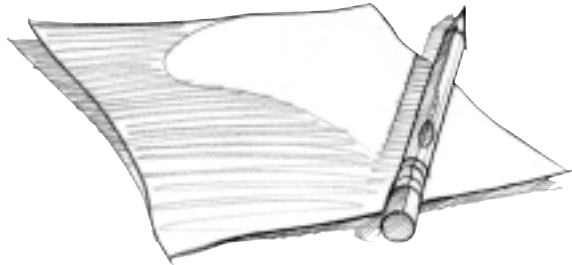
MATERIALS USED

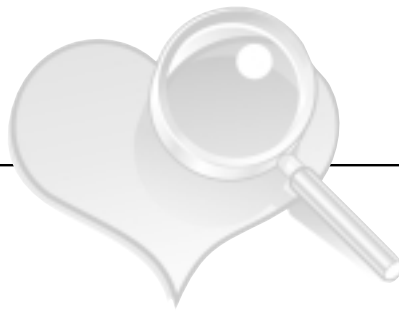
For each student:

- 1 sheet lined paper
- pen or pencil

INSTRUCTIONS

1. As the students arrive, give each a sheet of paper and a pen or pencil.
2. Have the students put two headings on the top of the page: "Things I Do Well (Talents)" and "Things I Do Not Do Well (Weaknesses)."
3. Have the students think about the different areas of their lives and list examples of strengths and weakness under each title. Give ideas such as: sports, school, subjects, games, hobbies, etc.





STARTING UP

WELCOME AND SINGING

Call the students together in a circle. Welcome everyone by name, being sure to recognize anyone who is visiting. Let them know how glad you are to see them, and how much you looked forward to being with them. Sing a few great songs.

OPENING PRAYER

Who would like to say a prayer to start today's time together? Let a few students lead the prayer. Encourage the students to mention missing students, special church activities, illnesses, people they want to share Jesus with and to be especially thankful for the chance to be together.

VICTORIES

Take the time to have the students share about the challenges they were given at the end of last week's class. *Did everyone complete their challenge? How did it go? What fears did you face as you met the challenge to put the lesson into practice? How did everyone do with having consistent quiet times? Who would like to share something they learned this week?*

Praise and encourage all the students' efforts, especially noting any area of significant growth. Offer help and suggestions so they can have even more victories in the coming week.

GOOD NEWS FROM THE KINGDOM

MATERIALS USED

For the teacher:

- 1 copy of "Good News from the Kingdom"
- globe or map of the world

INSTRUCTIONS

Now let's take a few minutes to share "Good News from the Kingdom." Be excited as you read about what is happening around the world. Have a globe or map ready, pointing out the location as you share.





GETTING INTO GOD'S WORD

STORY

THE PITFALLS OF PRIDE

In this story we see how Grant's pride keeps him from being able to make brownies for his class party. A great deal of damage can be done to our relationships and lives if we look to protect our image more than our hearts.

MATERIALS USED

For the teacher:

- dictionary

Reproducible Pages:

- Page A, 1 copy for each student

INSTRUCTIONS

1. Distribute copies of Reproducible Page A (the story) to the students.
2. Tell the students to listen as you read the story.
3. *What could Grant have done to avoid his embarrassing and "expensive" situation?*
4. *Today we will be studying pride and humility. Who thinks they can define "pride"? "Humility"?*



SCRIPTURE STUDY

Have the students turn to 2 Kings 5:1. Read only the first verse, then pause to discuss the questions below:

- "Now Naaman was commander of the army of the King of Aram." *Do you think Naaman studied hard in school? What skills do you think you need to be a great commander?*
- "He was a great man in the sight of his master and highly regarded, because through him the Lord had given victory to Aram." *Do you think a good soldier would be strong and in good shape? Do you think Naaman was good at sports? Do you think that if he lived today he might be a leader in school? Do you think he was confident or shy?*
- "He was a valiant soldier, but he had leprosy." *What is leprosy?*

Read the rest of the story of Naaman (verses 2-15).

Discuss the following questions:

- *How did Naaman respond to Elisha's messenger?*
 - *What do you think Naaman expected when he came to Elisha's door with all his horses and chariots?*
 - *Why did Naaman leave so angry?*
- Choose a student to look up and read aloud the definitions for "pride" and "humility."
- *What happened when Naaman was being prideful?*
 - *What happened when he decided to be humble?*
 - *Imagine how different his life would have been if his servant had not helped to get him humble! Naaman listened to his servant and was blessed because he did.*
 - *What might Naaman have said to his servant if he had chosen to continue to be prideful? How does pride cause arguments between people?*



ACTIVITY

NAAMAN'S APOLOGY TO ELISHA

MATERIALS USED

For each student:

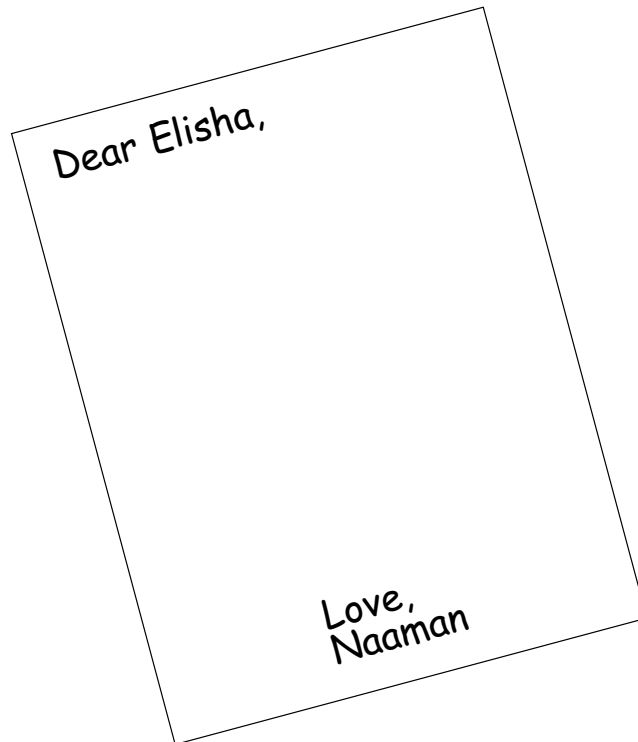
- 1 sheet lined paper
- pen or pencil

For the teacher:

- extra Bibles

INSTRUCTIONS

1. *We can show humility by apologizing after we have been prideful. Pretend you are Naaman. Write a letter of apology to Elisha for the ways in which you were prideful. Let him know why you are sorry and what things you have learned from the experience. You may use your Bible to help you with the letter.*
2. Select several volunteers to read their letters to the rest of the class.





SCRIPTURE MEMORY

Pride only breeds quarrels,
but wisdom is found in those who take advice.
Proverbs 13:10

MATERIALS

For each student:

- 1 index card (3" x 5")

For the teacher:

- pen or marker

Reproducible Pages:

- Page B, 1 copy for each student

PREPARATION

1. Write, "Pride only breeds quarrels" on half of the cards.
2. Then write, "but wisdom is found in those who take advice." on the other half of the cards.
3. Be sure you have enough cards for each student in your class to have one.

INSTRUCTIONS

1. Give each student one of the prepared index cards.
2. Tell them to find a partner—someone who has the other half of the memory verse on his or her index card.
3. The students should then help each other learn both parts.
4. When both partners think they know it, they should raise their hands and recite the verse to the class.
5. Give each student a copy of Reproducible Page B (memory verse) to take home.

WEEKLY CHALLENGE AND SNACK TIME

If your students bring a snack, allow them to eat it while you explain to them the challenge for the week.

While the students are eating, ask them to share about the times it is most difficult for them to be humble. Have the students volunteer to share about the specific areas in their lives in which it is hardest for them to seek advice. Share from your own life about the times that challenge your humility most. Explain that for God to work in our lives, it is going to take humility and a willingness to learn from others.

The challenge this week is for the students to practice humility by asking an older disciple to teach them how to have better quiet times. The person can be a parent, older sibling or a person they look up to. The students should begin to use this information immediately in their quiet times. Let the class know they will be asked to share about what they have learned next week.

CONCLUSION

End the class with a prayer.

WEEKLY CHALLENGE

Practice humility this week by asking an older disciple to teach you how to have better quiet times.
Be ready to share with the class what you learned.

HUMILITY

LESSON TEXT

Proverbs 13:10; Philippians 2:3-5

LESSON OBJECTIVES

- Using the story of Naaman, the students will identify the consequences of pride and the blessings of humility.
- The students will define the terms "pride" and "humility," and give examples of each.
- The students will practice humility by asking an older disciple for help with quiet times.

MATERIALS NEEDED

For each student:

- pen or pencil
- 1 sheet lined paper

For the teacher:

- candy - enough for all students
- 6 index cards (3" x 5")

Reproducible Pages:

- Page C, 1 copy for each student

LESSON PLAN

Getting Ready

- Faithful Instruction
 - Teacher Focus
 - Teacher Tips
- Preclass Activity: Following Instructions
- Starting Up
 - Welcome and Singing
 - Opening Prayer
 - Great News Sharing

Getting into God's Word

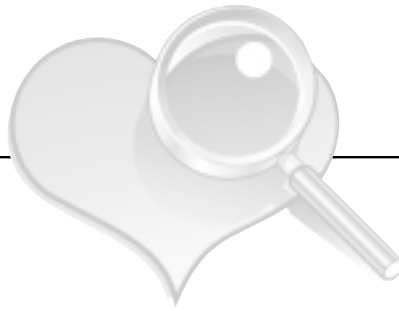
- Scripture Study
- Activity: Pride or Humility Scripture Game

Getting It to Others

- Scripture Memory: Proverbs 13:10
- Weekly Challenge and Snack Time
- Conclusion

SCRIPTURE MEMORY VERSE

Pride only breeds quarrels,
but wisdom is found in those who take advice.
Proverbs 13:10



FAITHFUL INSTRUCTION

TEACHER FOCUS

Pray before preparing this lesson. Read and meditate on Proverbs 13:10 and Philippians 2:3-5. Consider Jesus' humility and selflessness, and consider how your own humility measures up. Think about examples from your own life in which your humility has brought great changes and/or blessings to you.

TEACHER TIPS

Much of the pride that is seen in preteens is the result of the imitation of their role models. As their teacher, they especially look to your example when they or their peers begin to act pridefully toward their parents, teachers and friends. You are not expected to be perfect; rather, you should strive for perfection in the humility of Christ. It is healthy and effective to let your students know how imperfect you can be sometimes.

PRECLASS ACTIVITY

FOLLOWING INSTRUCTIONS

Naaman was not good at following instructions. It took him a while to get humble and be submissive to the instructions given to him. From doing this worksheet, the students will see how well they follow instructions.

MATERIALS

For each student:

- pen or pencil
- 1 sheet lined paper

Reproducible Pages:

- Page C, 1 copy for each student

INSTRUCTIONS

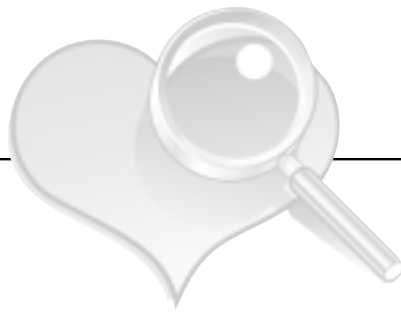
1. As the students enter class, give each a copy of Reproducible Page C (Following Instructions) and a pen or pencil.
2. Specifically instruct the students not to talk while the activity is in progress.
3. After whole class has completed the task, discuss the worksheet and ask what they thought of the activity.

FOLLOWING INSTRUCTIONS

How good are you at reading and following instructions? The exercise below is a special set of tasks to determine how good you are at following directions. You will be given a special sheet of paper to work on.

Instructions:

1. Read all the directions before doing anything else.
2. Write your last name in the bottom left hand corner of the paper.
3. Fold the paper in four equal parts.
4. Draw a circle on the outside of the folded paper.
5. Print the letters of your first name backwards.
6. Look up Proverbs 13:10. Write it out twice.
7. Open the paper up and say your favorite subject in school aloud.
8. Stand up and turn around five times.
9. Leave the paper on your desk or on the floor (if you are sitting on the floor). Do not do anything asked for in steps two through nine. Do not say anything to the other students.



STARTING UP

WELCOME AND SINGING

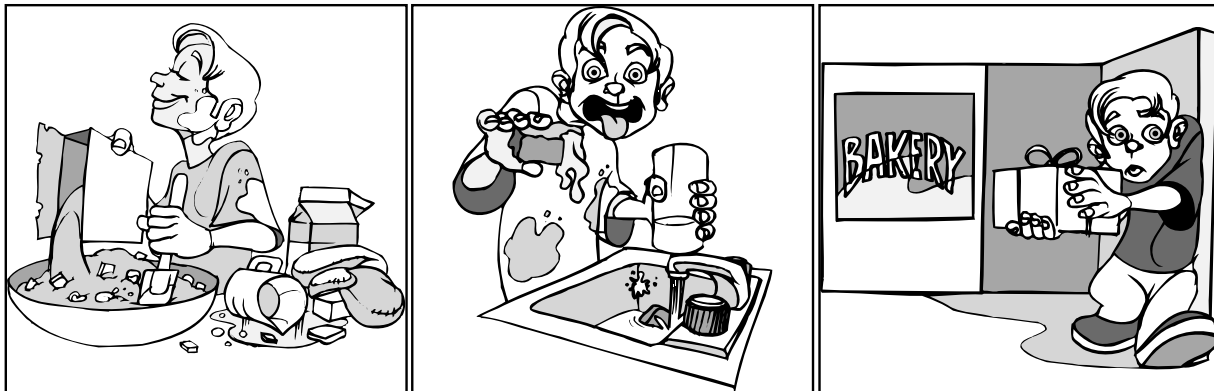
Call the students together in a circle. Welcome everyone by name, being sure to recognize anyone who is visiting. Let them know how glad you are to see them, and how much you looked forward to being with them. Sing a few great songs.

OPENING PRAYER

- Open with one of the students praying for one to two minutes about being humble, not prideful in their response to God and his word.
- Have one student recite the memory verse for this lesson: Proverbs 13:10.
- Have a student briefly review the previous lesson (Core Lesson).

GREAT NEWS SHARING

Allow several minutes for the students to share great news about their lives. This could be about a family member who became a disciple, someone healed from an illness, someone studying the Bible, great grades, etc. Remind the students to be brief so as many as possible can share.





SCRIPTURE STUDY

MATERIALS

For the teacher:

- Candy - enough for all students

Divide the class into equal groups and then have each group sit in a circle on the floor. Place candy in the center of each circle, making sure to place one less piece than there are students. Tell the students to help themselves. The groups should quickly realize that they have one less piece than they need.

Walk around the room and listen to the discussions that follow. After one or two minutes, bring everyone back into a large group.

Read Philippians 2:3-5 aloud to the class in this format:

Do everything out of selfish ambition and vain conceit, and since you are so cool consider yourselves better than other people. Your attitude should be the opposite of Jesus.

Does this sound right to you? Discuss what happened in the groups when the candy was first placed in front of them. Ask students to think about the following questions: *Who went for the candy first? Who ended up not getting any candy? Did you give your candy to someone else? Do you think reaching for the candy first was a humble action? Did anyone think to ask for advice on how to solve your problem?*

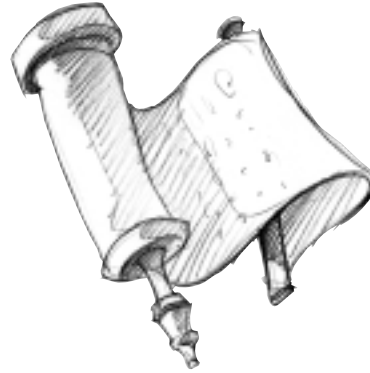
Read Philippians 2:3-5 the correct way:

Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Your attitude should be the same as that of Christ Jesus.

If Jesus were in your group what would he have done? (Have several students answer aloud.) Give candy to the students who did not get any.

Have the students review the story of Naaman for you.

- *How did Naaman show his prideful side?*
- *What were the results of this behavior?*
- *What changed when Naaman decided to be humble?*
- *Who would like to share a lesson they have learned from the story of Naaman?*
- *How did you apply what you learned in your life during the past few days?*
- *When you share with people what God wants them to do, how do they sometimes respond to you?*





ACTIVITY

PRIDE OR HUMILITY SCRIPTURE GAME

MATERIALS

For the teacher:

- 6 index cards (3" x 5")

PREPARATION

1. Label three of the index cards with the word "pride," and label three of the cards with the word "humility."
2. Mark the following scriptures in your Bible so that they are easily accessible to you:

PRIDE:

Proverbs 8:13, 11:2, 16:18, 21:24, 29:23;
Zechariah 9:6; Psalms 10:4; Ezekiel 28:2;
Galatians 6:4

HUMILITY:

Psalms 45:4; Proverbs 15:33, 22:4; Colossians
2:18a, 2:23, 3:12; Titus 3:1-2; James 3:13;
1 Peter 5:5; Acts 20:19

3. You will need the same number of Scriptures as students, so you may need to look up extra ones ahead of time.

INSTRUCTIONS

1. Divide the class into three teams. Tell them to decide who on their team will go first, second, etc.
2. Have one "pride" card and one "humility" card laid out in front of each team. Each team should be sitting in a line with the first player on the team sitting at the front of the line.
3. Read one of the scriptures listed. The player at the front of each line has to show either the "pride" card or the "humility" card within five seconds to indicate which better describes the scripture. Each team gets a point for a correct answer. A player cannot change his or her mind once a card has been shown.
4. Rotate through the players until all the scriptures have been played. The winners are the team with the most points at the end.



SCRIPTURE MEMORY

Pride only breeds quarrels,
but wisdom is found in those who take advice.
Proverbs 13:10

Review the scripture memory verse that was given during the previous lesson. Practice the verse together with the class, encouraging the students to have the verse completely memorized by the next class.

WEEKLY CHALLENGE AND SNACK TIME

If your students bring a snack, allow them to eat it while you explain to them the challenge for the week. (The challenge was to practice humility this week by asking an older disciple how to have better quiet times.) Remind the students to be ready to share what they have learned during the next class.

CONCLUSION

End the class with a prayer.

WEEKLY CHALLENGE

Practice humility this week by asking an older disciple to teach you how to have better quiet times.
Be ready to share with the class what you learned.

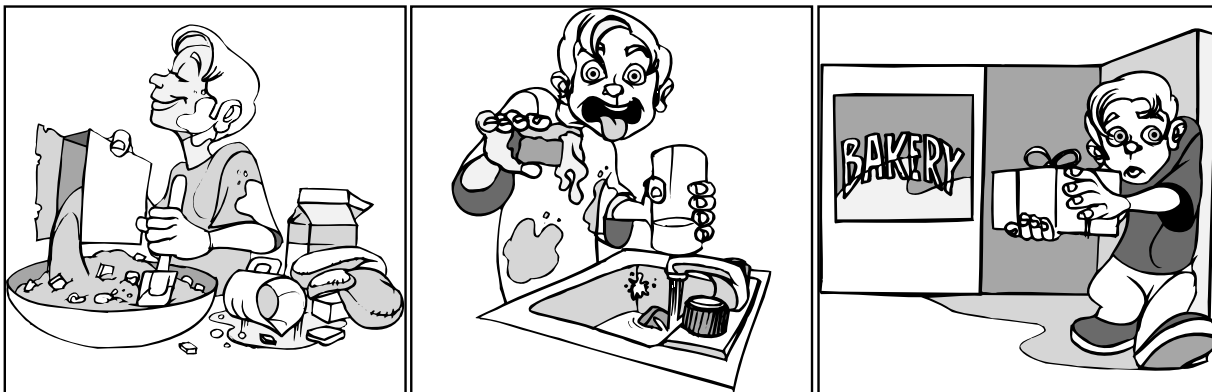
THE PITFALLS OF PRIDE

Grant was very excited. He had volunteered to make homemade brownies for his class party, and he couldn't wait to get started. He had observed his mom many times when she made the brownies, and he thought she made the best in the world! Grant's mother offered to help, but Grant wanted to do this alone. He wanted to get all the credit for this delicious treat!

He went through a checklist of all the ingredients and began to make a brownies. His mom had always baked them at 350° for 50 minutes. Grant did not want to wait for that long, so he decided that if he raised the temperature of the oven, he could shorten the cooking time. He heated the oven to 500° and baked the brownies for 30 minutes.

Once the brownies had cooled, Grant went to cut them and put them on a platter to take to school. They were rock hard on the outside and raw on the inside. He had to throw the brownies away and did not have time to make another batch. On the way to school the next morning, Grant bought brownies for the party at the nearby store.

We all begin at the same place. At birth, we need to be taught the basics of life. At that point, we are willing to be shown and helped until we are able to master a task. As we get older, however, we become more concerned about presenting a certain image to people around us. We do not like others to know that we need help or that we do not know how to do something. Jesus, as great as he was, never wavered in his belief that, without God's help, he could do nothing (John 5:19). If Jesus could admit his need, how do we expect to do great things for God pretending we do not need any help? Pride can keep us from having great relationships and accomplishing great things for God in our lives.



SCRIPTURE MEMORY VERSE

"Pride only breeds quarrels,
but wisdom is found in those
who take advice."

PROVERBS 13:10

WEEKLY CHALLENGE

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