

How do you practice humility?

**“I think about what is best for others  
all the time.”**

1 Peter 5:6:

**“So humble yourselves under the  
mighty power of God, and at the right  
time he will lift you up in honor.”**

**(NLT)**

How do you practice humility?

“I t\_\_\_\_\_ a\_\_\_\_\_ w\_\_\_\_\_ i\_\_\_\_\_ b\_\_\_\_\_ f\_\_\_\_\_ o\_\_\_\_\_  
a\_\_\_\_\_ t\_\_\_\_\_ t\_\_\_\_\_.”

1 Peter 5:6:

“S\_\_\_\_\_ h\_\_\_\_\_ y\_\_\_\_\_ u\_\_\_\_\_ t\_\_\_\_\_  
m\_\_\_\_\_ p\_\_\_\_\_ o\_\_\_\_\_ G\_\_\_\_\_, a\_\_\_\_\_ a\_\_\_\_\_ t\_\_\_\_\_ r\_\_\_\_\_  
t\_\_\_\_\_ h\_\_\_\_\_ w\_\_\_\_\_ l\_\_\_\_\_ y\_\_\_\_\_ u\_\_\_\_\_ i\_\_\_\_\_ h\_\_\_\_\_.”

(NLT)

## Week 1: September 10-15

### Lesson 1: Humility Is Thinking About What Is Best For Others!

#### 1. Intro

- a. We are studying Humility this season!
- b. We have a new Character Declaration! Memorizing our declaration can help you become a man or woman of *true character* by training your heart with true thoughts to think.
  - i. *Proverbs 4:23 "Guard your heart above all else, for it is the source of life." (HCSB)*
- c. God created each of you with a mission! I want to help you build the character you need succeed in that life mission.
- d. Our declaration question this season is:

"How do you practice humility?"

*"I think about what is best for others all the time."*

- e. What does God have to say about Humility? A lot! The Bible is God's words, his message to us. We're going to memorize this message from God this season:

"So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor."

**1 Peter 5:6 (NLT)**

#### 2. Story (Part 1 ~ 4 mins)

- a. We have a new story to help us learn more about humility.

#### 3. Story Questions

- a. What two characters stick out in our story so far? (*Royal and Henrietta*)
- b. Who is "Royal" Royboy focused on? (*Only himself*)
- c. Who is Henrietta focused on? (*Only herself*)
- d. How are Royal and Henrietta different?
  - i. \_\_\_\_\_
- e. How are they similar?
  - i. (*They are both proud, not humble!*)

#### 4. Lesson Wrap Up

- a. This Fall we will be learning that God wants us to be humble– to think about others as more important than ourselves.
- b. We'll learn that humility is not a bad thing, and that we can trust God to take care of us.

### Planning:

What is this week's main point in your own words? \_\_\_\_\_

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# FALL 2018 CT: I Practice Humility

## Week 2: September 17-22

### 1. Review

- a. What are we studying this season?
- b. Does anyone remember our Character Declaration? Memorizing our declaration can help you become a man or woman of *true character* by training your heart true thoughts to think.

*Proverbs 4:23 "Guard your heart above all else, for it is the source of life." (HCSB)*

- i. God created each of you with a mission! We want to help you build the character you need succeed in that life mission.

"How do you practice humility?"

*"I think about what is best for others all the time."*

- f. What does God have to say about humility? A lot! The Bible is God's words, his message to us. We're going to memorize this message from God this season:

"So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor."

**1 Peter 5:6 (NLT)**

## Lesson 2: Humility Is Good

### 2. Pride vs. Humility

- a. Who do you spend the most time thinking about:
  - i. *YOU- you probably spend most of your thoughts on*
    1. *What do I want?*
    2. *What do others think about me?*
    3. *I am tired, hungry, angry, happy, sad. I want... I wish I had...*
- b. Is thinking about yourself all the time pride, or humility?
- c. Pride is thinking about yourself all the time; thinking you are the most important, thinking you are better than others. Pride is sneaky. You will never accidentally be humble, only proud.

### 3. So What is Humility?

- a. Pride is, "Me first." Humility allows us to say, "No, you first, my friend."
- b. Sometimes people think that humility means thinking badly about yourself. This is not true. Humility does not think you are worthless.
- c. Humility believes that **all** people are valuable. (Both you *and* others.)
- d. Some people think humility will stop you from winning or being successful. But if you win because you pushed yourself to the front, you will never have peace and love.
- e. Humility, believing that the other person is important, is needed in all your relationships!
- f. Real humility is seeing a bigger picture than yourself. If you could look down from an airplane, you might see that you are not very big or important. There are billions of people on the earth. All of them have needs & wants.
- g. What is amazing is that God created each person, knows all about them and cares for them. We should remember that *everyone* is important, and spend less time thinking about ourselves.
- h. The Bible teaches us over and over that pride is dangerous:
  - i. Too much pride can put you to shame. It's wiser to be humble. - Proverbs 11:2
  - ii. Pride precedes destruction; an arrogant spirit appears before a fall. Better to be humble among the poor, than to share what is stolen with the proud. Proverbs 16:18-19
- i. Humility is good:

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- i. **True humility and fear of the LORD lead to riches, honor, and long life.** Proverbs 22:4

## 4. Review Story (Part 1)

- a. The farmer buys a new rooster, "Royboy", to guard his flock of 30 hens. Royboy arrives at the farm and demands to be called "Royal". He immediately spends his time looking in the mirror and yelling at the chickens and Horse. He demands they lay eggs and not bother him.
- b. One chicken, Henrietta, is especially shy and worried about how she measures up. She hides towards the back.

## 5. Application

- a. Humility is believing that every person is important. It is having an accurate view of your own strengths and weaknesses and focusing on how to help others.

## Planning:

What is this week's main point in your own words? \_\_\_\_\_

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# FALL 2018 CT: I Practice Humility

## Week 3: September 24-29

### 1. Review

- a. What are we studying this season?
- b. Does anyone remember our Character Declaration?

"How do you practice humility?"

*"I think about what is best for others all the time."*

- g. What does God have to say about humility?

"So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor."

**1 Peter 5:6 (NLT)**

## Lesson 3: Pride Can Be Sneaky

### 2. What is humility?

- a. Humility means knowing who I am accurately. It is remembering that everyone is important, not just me. It is putting others first.

### 3. Story (Part 2 ~ 4.5 mins)

### 4. Story Questions

- a. Both Royal and Henrietta are examples of pride. Pride is the opposite of humility. What does their pride look like?
  - i. \_\_\_\_\_
- b. Are there any examples of humility in our story? Think about our declaration.
- c. \_\_\_\_\_
- d. How has worrying about Royal affected the rest of the flock?
- e. \_\_\_\_\_
- f. Who should all the farm animals be most concerned with pleasing? (*The Farmer*)

### 5. Application

- a. What is one way you can be humble today in practice?
  - i. *Look for chances to encourage others and do so!*
  - ii. *Work my hardest to help others get in a hard working mood*
  - iii. *Let someone else go first on my favorite station/event*
  - iv. *Listen to someone else tell me about their day*
  - v. *Coach ideas:* \_\_\_\_\_
  - vi. \_\_\_\_\_

## Planning:

What is this week's main point in your own words? \_\_\_\_\_

Humility in my students looks like: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# FALL 2018 CT: I Practice Humility

## Week 4: October 1-6

### 1. Review

"How do you practice humility?"

*"I think about what is best for others all the time."*

"So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor."

1 Peter 5:6 (NLT)

## Lesson 4: I Am Important Because God Cares For Me

### 2. Review Story (Part 2)

- a. The flock of hens are now a scared and worried mess because of Royal. He has demanded their eggs be laid by 6:40 am and be nearly perfect, or else. Henrietta is so worried she pecks some of her feathers out. Horse tries to calm and comfort the flock. In the morning, Royal begins his "inspections", pecks open any eggs that don't meet his standards, and makes fun of the hens. Henrietta has not even laid an egg. Royal attempts to peck her head, but Horse saves her by putting his nose in the way.

### 3. What does our verse teach us?

- a. Think about the words in our verse to answer these questions:
- b. What will God do? *Lift you up in honor* (Make you look good; Give you respect and dignity)
- c. When will God do this? *At the right time*
  - a. We don't know when this is! We trust in God's wisdom to know when.
- d. What do I need to do? *Humble myself*
  - i. Make myself lower
  - ii. Recognize that I am not most important
  - iii. Make others important
- e. Where should I humble myself? *Under the mighty power of God.*
  - i. How do we know God is powerful? How powerful is he?
    1. The Bible says he "created the heavens and the earth" out of nothing. Gen 1:1
    2. The Spirit of God "raised Jesus from the dead" Rom 8:11
    3. He can save us from our own sin. 2 Corinthians 5:17
- f. Why should I humble myself? *Because God cares for me!*
  1. The next verse in 1 Peter says "Give all your worries and cares to God, for he cares about you."

### 4. Application

- a. Coach: Tell each of your students by name: "\_\_\_\_\_, you are important to God."
- b. Students: Tell someone else that they are important to God today! Bonus, tell someone outside of your group.

### 5. Wrap Up

- a. *God wants me to trust him. To believe that he will take care of me. To believe that I am important to him. When I really believe I am important to God, it will make me confident. I can be humble enough to treat others around me as important too.*

## Planning:

What is this week's main point in your own words? \_\_\_\_\_

Humility in my students looks like: \_\_\_\_\_



# FALL 2018 CT: I Practice Humility

## Week 5: October 8-13

### 1. Review

"How do you practice humility?"

*"I think about what is best for others all the time."*

"So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor."

1 Peter 5:6 (NLT)

## Lesson 5: Pride Is Ugly

### 2. Story (Part 3 ~ 4.5 mins)

### 3. Story Questions

a. If the Farmer could see everything that was happening, who would he be pleased with?

i. \_\_\_\_\_

b. Who would he think was important? (*All his animals are important to him*)

c. What does Royal's pride make you think of him? How about Henrietta?

i. \_\_\_\_\_

d. Do you more often act like Royal, or Henrietta?

i. \_\_\_\_\_

### 4. Application:

a. What is one way you can be humble today in practice?

i. *Coach ideas:* \_\_\_\_\_

ii. \_\_\_\_\_

### 5. Wrap Up:

a. Your pride will make you ugly. God created us to be pictures of his goodness and beauty by focusing on and serving others! Jesus Christ is our example of this. He was so focused on what is best for us that he came to earth to live and die to save you.

## Planning:

What is this week's main point in your own words? \_\_\_\_\_

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How can I model humility for my students today? \_\_\_\_\_

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# FALL 2018 CT: I Practice Humility

## Week 6: October 15-20

### 1. Review

"How do you practice humility?"

*"I think about what is best for others all the time."*

"So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor."

1 Peter 5:6 (NLT)

## Lesson 6: Pride is Me, Me, Me

### 2. Review Story (Part 3)

- a. The Farmer is surprised and confused on what has happened to the chickens and Horse. He works to calm the chickens and tells Royboy he will need to fend off whatever intruder got in (not knowing it was Royboy himself!) The 30 chickens are now laying only 12 eggs a day because of their fear of Royal. They come up with a plan to keep a lookout for when Royal comes out of the barn so they can scatter, but when it is Henrietta's turn, she gets so caught up in her own fearful thoughts she doesn't see him coming and he injures three hens by pecking them.

### 3. Pride Is All About Me!

- a. To practice humility, we need to know how to watch out for the opposite- pride!
- b. Pride is focusing on me, me, me. I am proud when I think only about what I want & need, what makes me comfortable and happy.
  - i. Why is focusing on yourself prideful?
    1. *When I focus on myself, I am not thinking of others.*
    2. *When I only think about me, I am spending my time and energy on only me.*
    3. *When I only think about myself, I am acting like I am more important than others.*
  - ii. What happens when everyone tries to be first?
    1. \_\_\_\_\_
- c. Pride is thinking that I don't need others:
  - i. I don't need help, I have everything figured out
  - ii. I don't want to be told what to do
  - iii. I don't need God, I can do whatever I want
- d. Pride is putting others down, and myself up.
- e. Here are some signs of pride:
  - i. I quickly find what's wrong or what I don't like in other people
  - ii. I am harsh, mean, rough or critical with others
  - iii. I worry about what others think of me
  - iv. I try to defend myself as soon as someone tells me I am wrong
  - v. I want people to notice and pay attention to me all the time
  - vi. I don't pay attention to other people unless I think they are important or likeable
- f. How are both Royal and Henrietta showing some of these signs of pride?
  - i. \_\_\_\_\_

### 4. Application

- a. What is one sign of pride that I can watch out for today?

## Planning:

What would I like to see my students apply today? \_\_\_\_\_

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\_\_\_\_\_

# FALL 2018 CT: I Practice Humility

## Week 7: October 22-27

### 1. Review

"How do you practice humility?"

*"I think about what is best for others all the time."*

"So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor."

1 Peter 5:6 (NLT)

## Lesson 7: Pride Is Lonely, Humility Has Friends

### 2. Story (Part 4 ~ 4 mins)

### 3. Story Questions

- What important truth does Horse tell Royal? (*"Selfish creatures end up alone"*)
- Does Royal have a unique and important job? (*Yes, to protect the hens!*)
- How valuable is Royal to the farmer when he is only focused on himself?
- What would make him truly important?
  - \_\_\_\_\_
- Who has more friends, Royal, Henrietta, or Horse? (*Horse!*)

### 4. Application:

- What is one way you can make someone else feel special today?

### 5. Wrap Up:

- The more proud we are, the more alone we will be. If we truly are humble, and care deeply for others, we will have many friends.

## Planning:

What is this week's main point in your own words? \_\_\_\_\_

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How can I (and my students) be humble today? \_\_\_\_\_

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# FALL 2018 CT: I Practice Humility

## Week 8: October 29-November 3

### 1. Review

"How do you practice humility?"

*"I think about what is best for others all the time."*

"So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor."

1 Peter 5:6 (NLT)

## Lesson 8: Am I Proud On The Outside?

### 2. Review Story (Part 4)

- a. The barnyard is a fear filled place now. The farmer sadley tells Horse that he may have to butcher the chickens if they don't lay more eggs. Royal overhears and is happy to think of being without the hens, however, Horse quickly tells him that without the hens he has no purpose, "Selfish creatures end up alone." The salesman from the store stops by and tells the farmer he should butcher Royal instead of the hens because he is causing all the problems. Royal hears and faints.

### 3. Obvious Pride Versus Humility

- a. Some pride is very obvious to others, and sometimes pride is something hidden that we can't see easily. Today we're talking about obvious pride.
- b. Here are some examples of obvious pride, and what humility looks like instead. Which of these statements describe you?

<b>I Am Proud</b> I talk about how awesome I am I don't need help I always make sure to say what I am thinking I make sure others to see things my way I sometimes say "sorry" I focus on how I feel about things I am always telling people things I need to be right I check out when I am bored I am regularly unhappy Your example: <hr/>	<b>V</b> <b>S</b>	<b>I Practice Humility</b> I am always encouraging others I ask God for help daily I always carefully listen to others I try to understand how you see things first I say "I'm sorry for ..., will you forgive me?" I imagine how others feel right now I ask lots of questions I am more concerned with our friendship I stay focused on the people I am with I am thankful <hr/>
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- c. Remember that if you want to have any good friendships, you will have to practice humility. Pride will not get you friends.

### 4. Application

- a. What can you do to make this the best practice ever for your class / teammates?

## Planning:

What is this week's main point in your own words? \_\_\_\_\_

How can I (and my students) be humble today? \_\_\_\_\_

# FALL 2018 CT: I Practice Humility

## Week 9: November 5-10

### 1. Review

"How do you practice humility?"

*"I think about what is best for others all the time."*

"So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor."

1 Peter 5:6 (NLT)

## Lesson 9: Who Will Humble You?

### 2. Story (Part 5 ~ 4.5 mins)

### 3. Story Questions

- a. How does the farmer treat Royal in the midst of his pride? Why?
  - i. *Kindly. Because he knows that each of his animals are important and have a purpose. He believes that Royal can learn to help the hens.*
- b. What has all Royal's prideful thinking and actions gotten him?
  - i. \_\_\_\_\_
- c. Jesus told us that: "Whoever exalts himself will be humbled, and whoever humbles himself will be exalted." - Matthew 23:12
- d. What has happened to Royal?
  - i. *Royal has "exalted" himself, trying to make himself look better than everyone else. And now he has fallen to the dirt, broken his leg, and everyone is happy he is gone.*

### 4. Application:

- a. How can you make someone else in your practice look good today?

### 5. Wrap Up:

- a. Remember God cares about you! Trust that he will take care of you as you think about others.

## Planning:

What is this week's main point in your own words? \_\_\_\_\_

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Have my students grown in humility this season? \_\_\_\_\_

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# FALL 2018 CT: I Practice Humility

## Week 10: November 12-17

### 1. Review

"How do you practice humility?"

*"I think about what is best for others all the time."*

"So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor."

1 Peter 5:6 (NLT)

## Lesson 10: Am I Proud On The Inside?

### 2. Hidden Pride

- Some types of pride are sneaky. Pride is focusing on yourself and how important you are. Sometimes we do this by putting ourselves down or focusing on our fears.
- Here are some examples of hidden pride, and what humility looks like instead. Which of these statements describe you?

I Am Proud	V S	I Practice Humility
<p>I talk a lot about how bad I am &amp; my mistakes I want people to help me first all the time People tell me I say "sorry" too much I am too shy to notice or talk to other people I rarely tell people what I think I don't believe God cares about me I am too afraid to tell people how I feel</p> <p>I am sure my ideas are dumb so I don't talk</p> <p>Your example: _____</p>		<p>I am always encouraging others I ask God for help &amp; work hard I apologize when I am wrong &amp; keep moving I work to make everyone feel welcome I share helpful thoughts at the right time I think about what God thinks and feels I carefully tell people how I feel so we can be better friends I am willing to give an idea even if people won't like it or they think I'm silly</p> <p>_____</p>

### 3. Review Story (Part 5)

- Royal dreams of being the greatest rooster in his own Kingdom, but awakes to having fallen and broken his leg. The farmer kindly cares for Royal and takes him to the vet. The hens wonder where he has gone, but are mostly pleased to be without him. They begin laying more eggs again. The vet returns with Royal in a leg splint, telling the farmer that Royal has been a gentle patient. The farmer cares for him in his own kitchen until his leg has healed and then brings him back to the barnyard. Meanwhile, Henrietta is still thinking about how much of a disgrace she is to the flock.

## Planning:

What is this week's main point in your own words? \_\_\_\_\_

How can I (and my students) be humble today? \_\_\_\_\_

# FALL 2018 CT: I Practice Humility

**Week 11: Nov. 19-20 & Nov. 27-Dec.1 (Tuesday gets 'Week 11' twice!)**

**1. Review**

"How do you practice humility?"

*"I think about what is best for others all the time."*

"So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor."

1 Peter 5:6 (NLT)

## Lesson 11: Have I Learned Humility?

**2. Story (Part 6 ~ 5 mins)**

**3. Story Questions**

a. How does Royal practice humility?

i. \_\_\_\_\_

ii. \_\_\_\_\_

b. Has Henrietta changed? Why or why not?

i. \_\_\_\_\_

ii. *Not necessarily. She may still need to learn to focus on others!*

**4. Wrap Up:**

a. Remember that Jesus told us that: "Whoever exalts himself will be humbled, and whoever humbles himself will be exalted." - Matthew 23:12. Are you looking for chances to humble yourself?

### Planning:

What is this week's main point in your own words? \_\_\_\_\_  
\_\_\_\_\_

How can I (and my students) be humble today? \_\_\_\_\_  
\_\_\_\_\_

## Week 12: December 3-8

### 1. Review

"How do you practice humility?"

*"I think about what is best for others all the time."*

"So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor."

1 Peter 5:6 (NLT)

## Lesson 12: Humility Is Happy

### 2. Review Story (Part 6)

- a. Royal nervously re-enters the the barnyard. The hens scatter, but soon return to investigate Royal because he is so different. All except Henrietta, she runs away and is not noticed until the hens are put in for the night. Royal surprises the hens by crying over the missing Henrietta, stating that it was his fault. At dawn, Royal goes with Horse to look for Henrietta. They find her cold and still at the creek, but manage to take her back to the barn, and with care from Royal and Horse, revive her. Royal now insists on being called Royboy, sings funny songs, guards all the hens, and shares his food. Henrietta hides her eggs, but is surprised when one day they hatch! Royboy no longer looks in the mirror.

### 3. Humility helps us find happiness

- a. Here is a quote from C.S. Lewis to help us think about humility.
- b. "Do not imagine that if you meet a really humble [person] he will be what most people call 'humble' nowadays: he will not be a sort of greasy, smarmy person, who is always telling you that, of course, he is nobody.  
Probably all you will think about him is that he seemed a cheerful, intelligent chap who took a real interest in what you said to him.  
If you do dislike him it will be because you feel a little envious of anyone who seems to enjoy life so easily. He will not be thinking about humility: he will not be thinking about himself at all."
- c. Being humble will help us be happy. Why? Because we won't be focused on ourselves!  
Focusing on serving others is a much more effective way to be happy in life.
- d. The more you try to make yourself happy by focusing on yourself, the more unhappy you will be.

### 4. Application

- a. Coach: Pray for your students that God will help us believe that humility will make us happy instead of pride.
- b. "Father in heaven, please help us believe that you care for each one of us. Help us to trust you by treating others around us as more important. We know that you are powerful and will honor us at the right time if we trust you."

## Planning:

What is this week's main point in your own words? \_\_\_\_\_

How can I (and my students) be humble today? \_\_\_\_\_