

How do I practice humility?

“I remember God cares for me so I think about helping others.”

What does God say?

“God is against the proud, but he is kind to the humble.”

1 Peter 5:5b ERV

Fall 2021 CT 'Humility' Junior Version: "Proud or Humble?"

How do I practice humility?

"I remember God cares for me so I think about helping others."

What does God say? 1 Peter 5:5b (ERV):

"God is against the proud, but he is kind to the humble."

2021 Fall

HUMILITY

September 7 - December 4

Closed:

September 1- Fall Staff Training

September 2-6 (Labor Day Weekend)

November 22-26 (Thanksgiving Break)

September 2021						
Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

October 2021						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November 2021						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Main Points Each Week:

Weeks 1-3: Humble people think about others' needs and interests first.

Weeks 4-6: Humble people treat others the way they would like to be treated.

Weeks 7-9: Humble people accept help from others and enjoy teamwork.

Weeks 10-12: Humble people thank God for the special abilities they have.

Happy Is Sad

Week 1: Add pictures #1 and #2 to wall

Week 2: Add pic #3 / Handout: Supplement #1 - Happy

Week 3: Add pic #4 / Show Supplement #2 - Humility/Pride

"Get Away From Me!"

Week 4: Add pic #1 to wall. Teach the first 30 seconds of The Golden Rule Song

<https://www.youtube.com/watch?v=Ky4BFMGRQVo>

Week 5: Add pics #2 & #3 / Handout: Supplement #3 - Star Maze

Week 6: Add pic #4

"I Can Do It Myself!"

Week 7: Add pic #1 to wall / Large pumpkin or another object too heavy for a student to lift.

Week 8: Add pic #2 / Handout: Supplement #4 Pumpkin Hunt

Week 9: Add pic #3

Fast Meets Faster

Week 10: Add pics #1 & 2 to wall

Week 11: Add pics #3 & 4 / Handout: Supplement #5 Special Gifts

Week 12: Final review game: **Who Remembers** / Single, separated copies of each visual needed. Be somewhat familiar with each picture so you lead students to the correct answers or ask specific questions.

(Instructions written in week 12)

Fall 2021 CT 'Humility' Junior Version: "Proud or Humble?"

How do I practice humility?

"I remember God cares for me so I think about helping others."

What does God say? 1 Peter 5:5b (ERV):

"God is against the proud, but he is kind to the humble."

Week 1: Sep 7-11 (Mon misses Week 1; need story review!)

1. Teach declaration & verse

2. **Lead-in:** (*This should be referenced throughout the season!*)

This season we're going to learn about humility through a girl named Rayna. We'll find out why it's important to be humble rather than being proud. When we're proud, we think what **we want** is more important than what **others need**. Pride hurts others, and it hurts us too. We're being humble when we put **others' needs** ahead of **our own wants and interests**. We think of others first. God is always pleased when we are humble and He will show kindness to us.

Rayna has a pet. Not too many people have a pet like hers. What kind of pets do you have?

3. Share today's main point:

Lesson 1: Humble people think about others' needs and interests first.

4. Listen to the chapter and show pictures: *Happy Is Sad*

5. Questions (Choose one or more that best fits your class)

- Where did Rayna get her pet from? (*Her pond.*) What's her pet's name? (*Happy*)
- What special care did Happy need? (*Sunlight so his shell would stay healthy.*)
- Why did Rayna want to leave her turtle picture on the window? (*It was her best drawing and she wanted her friends to see it.*)

6. What do you think?

- Do you think it was wrong for Rayna to want her friends to see her turtle drawing? (*We all like to show or tell our friends about good things we've done. It wasn't wrong for Rayna to want to show her drawing to her friends. But it was wrong to insist on making her drawing more important than taking care of Happy's needs. She put her wants before Happy's needs. She was being proud.*)

Dismissal: review the verse and say the main point together:
Humble people think about others' needs and interests first.

Planning Notes:

Fall 2021 CT 'Humility' Junior Version: "Proud or Humble?"

How do I practice humility?

"I remember God cares for me so I think about helping others."

What does God say? 1 Peter 5:5b (ERV):

"God is against the proud, but he is kind to the humble."

Week 2: Sep 13-18

1. Practice declaration & verse along with sign language.

For Monday students who missed the first week, repeat Lesson 1. The lead-in is very important! Add any other questions from this lesson if time allows.

2. Lead-in: Who remembers what kind of pet Rayna has? (*Turtle*) And what is his name? (*Happy*) What does Happy **need** to stay healthy? (*sunlight*)

3. Share today's main point:

Lesson 2: Humble people think about others' needs and interests first.

4. Review the chapter using pictures: *Happy Is Sad*

5. Questions (Choose one or more that best fits your class)

- (*Show picture #1*) What is Rayna telling her mom in this picture? (*She's saying I like my picture so I'm leaving it.*)
- What is Rayna's mom trying to tell her? (*It's not a good choice because Happy needs sunlight in order to stay alive.*)
- Rayna **wants** her picture up. Happy **needs** sunlight. What is the difference between a want and a need? (*A need is something we must have, something necessary. A want is something we would like to have but isn't necessary.*)
- (*Show picture #2*) What happened when Rayna put her **want** above Happy's **need**? (*Happy got very sick.*)

6. What do you think?

- Tell me if you think these things are a want or a need: (*Coaches: These are not limited to live or die needs! There may be some differences of opinion. What one person needs may only be a want for another! A blind person may need a dog. Most people just want a dog.*)
 - Sleep. Cookies. Pets. School. Friends. Crayons.

Dismissal: review the verse and say the main point together:
Humble people think about others' needs and interests first.

Handout: **Supplement #1 Happy**

Planning Notes:

Fall 2021 CT 'Humility' Junior Version: "Proud or Humble?"

How do I practice humility?

"I remember God cares for me so I think about helping others."

What does God say? 1 Peter 5:5b (ERV):

"God is against the proud, but he is kind to the humble."

Week 3: Sep 20-25

1. Practice declaration & verse together

2. **Lead-in:** Does anyone have a cat or dog that you are supposed to feed every day? Have you ever forgotten? How did you feel about that? *(Sometimes we think so much about what we are doing or what we want that we don't do what we should - and other people or our pets suffer. What happened to Happy because Rayna was only thinking about herself?)*

3. Share today's main point:

Lesson 3: *Humble people think about others' needs and interests first.*

4. Review the chapter using pictures: *Happy Is Sad*

5. Questions (Choose one or more that best fits your class)

- a. *(Show picture #3)* Look at Rayna's face. How do you think she feels when the vet tells her Happy is sick because he didn't get sunlight on his shell? *(Sad. Very sorry she didn't listen to her mom. Worried he will die.)*
- b. What does Rayna do when she realizes Happy is sick because she was being proud and thinking of her own wants and not Happy's needs? *(She takes the drawing down. Tells Happy she's sorry. Tells God she is sorry and asks Him to make Happy better. She humbles herself.)*

6. What do you think? *(Show Supplement #2)*

- a. Why do you think our bible verse tells us God is against the proud? *(Pride can hurt other people or things, like our pets. Pride wants to do things their way and shuts God and others out.)*
- b. Why do you think God is kind to the humble? *(Humble people know when they have done wrong. When they tell God the wrong they did and ask for help, they invite Him in He shows them kindness. Humble people let God and others in.)*

Dismissal: review the verse and say the main point together:
Humble people think about others' needs and interests first.

Planning Notes:

Fall 2021 CT 'Humility' Junior Version: "Proud or Humble?"

How do I practice humility?

"I remember God cares for me so I think about helping others."

What does God say? 1 Peter 5:5b (ERV):

"God is against the proud, but he is kind to the humble."

Week 4: Sept 27-Oct 2

1. Practice declaration & verse together
2. Lead-in: Teach **The Golden Rule Song**
3. Share today's main point:
Lesson 4: *Humble people treat others the way they would like to be treated.*
4. Listen to the chapter and show pictures: **"Get Away From Me!"**
5. Questions (Choose one or more that best fits your class)
 - a. What was the loud crash the kids heard? (*A big dog had dumped the trash can over on himself and was covered in garbage.*)
 - b. What did Rayna's friends do? (*They said, "Get away from me!" and ran back to the playground.*)
 - c. Why didn't Rayna run away? (*She was not looking at the garbage, she was looking at the dog's sad face and felt sorry for him.*)
 - d. What does Rayna do? (*She steps into the mess and takes the dog over to the water faucet to rinse him off, then takes him home.*)
6. What do you think?
 - a. What do you think you would do if you were one of the kids at the playground? Would you step into the garbage to rescue the dog or run away?

Dismissal: review the verse and sign language; say the main point together:
Humble people treat others the way they would like to be treated.

Planning Notes:

Fall 2021 CT 'Humility' Junior Version: "Proud or Humble?"

How do I practice humility?

"I remember God cares for me so I think about helping others."

What does God say? 1 Peter 5:5b (ERV):

"God is against the proud, but he is kind to the humble."

Week 5: Oct 4-9

1. Practice declaration & verse together

2. **Lead-in:** Have you ever given a dog a bath? What happens when they shake? (*You get all wet!*) What would happen if the dog had a bunch of slimy garbage on him and he shook? (*YOU would get it on you too!*)

3. Share today's main point:

Lesson 5: *I think of others' feelings and will treat them the way I would like to be treated.*

4. Review the chapter using pictures: "**Get Away From Me!**"

5. Questions (Choose one or more that best fits your class)

- (*Show pic #2*) What's on Rayna? (*Slime!*)
- (*Show pics 1 & 2*) Look at Star's face in both of these pictures? *Can you see the difference? (He's smiling a little in the second one.)*
- Did you know that when you sin and do bad things it's kind of like adding stinky garbage to your heart? We can't get rid of that stinky sin unless someone comes to help us and make our hearts clean. Do you know who that is? (*Jesus. If we ask Jesus to take our stinky sin away, He cleans our hearts, just like Rayna cleaned Star's fur.*)

6. What do you think?

- Do you think it was easy or fun for Rayna to go into the garbage and pull Star out? (*Probably not. But I bet she remembered that since God loves and cares for her, she should help others.*)

Dismissal: review the verse and sign language; say the main point together:

I think of others' feelings and will treat them the way I would like to be treated.

Handout: **Supplement #3 Star Maze**

Planning Notes:

Fall 2021 CT 'Humility' Junior Version: "Proud or Humble?"

How do I practice humility?

"I remember God cares for me so I think about helping others."

What does God say? 1 Peter 5:5b (ERV):

"God is against the proud, but he is kind to the humble."

Week 6: Oct 11-16

1. Practice declaration & verse together
2. Lead-in: The Golden Rule Song
3. Share today's main point:
Lesson 6: *I think of others' feelings and will treat them the way I would like to be treated.*
4. Review the chapter using pictures: "***Get Away From Me!***"
5. Questions (Choose one or more that best fits your class)
 - a. (Show pic #4) Who looks happy in this picture? (*Everyone!*)
 - b. Why is Wendy happy? (*Because she finally has her dog back that she loves.*)
 - c. Why is Rayna happy? (*She's glad Wendy and Star are back together. She's probably happy because she was able to help. It always feels good to help others. And she has a new friend!*)
 - d. What did Rayna's dad say to her? (*"You made God, and me, very happy today. You were caring for Star's needs when others turned away. You did exactly what Jesus would have done. You saw the mess he was in and knew he needed help, so you stepped into his mess to care for him. I'm sure God is smiling right now."*)
6. What do you think?
 - a. How do you think God feels when you help other people or animals who are sad, or lonely, or hurt? (*He is very happy when we care for others and don't turn away from them.*)

Dismissal: review the verse and sign language; say the main point together:
I think of others' feelings and will treat them the way I would like to be treated.

Planning Notes:

Fall 2021 CT 'Humility' Junior Version: "Proud or Humble?"

How do I practice humility?

"I remember God cares for me so I think about helping others."

What does God say? 1 Peter 5:5b (ERV):

"God is against the proud, but he is kind to the humble."

Week 7: Oct 18-23

1. Practice declaration & verse together

2. **Lead-in:** Find a pumpkin (or something else) that is too heavy for a student to lift alone. Set it on a towel or blanket. Ask, "Who thinks they can lift this pumpkin by themselves?" After they try and fail, have students grasp the edges of the blanket. Say, "1, 2, 3, LIFT!" (Doesn't need to be very high. Be sure to place yourself where you can grab the pumpkin if someone happens to let go or have two coaches present! You can also pretend the object is too heavy for you and then have the kids help you.)

3. Share today's main point:

Lesson 7: Humble people accept help from others and enjoy teamwork.

4. Listen to the chapter and show pictures: **"I Can Do It By Myself!"**

5. Questions (Choose one or more that best fits your class)

- What were Rayna and Ruby doing? (*Picking out pumpkins at Sunrise Farm.*)
- What did Rayna tell her dad when he asked her if she needed help? (*"I can do it by myself."*)
- What does Ruby say when she finds a giant pumpkin? (*"I need help."*)
- What does Rayna do? (*She says she can do it by herself but then drops the pumpkin and breaks it.*)

6. What do you think?

- Why do you think Ruby asked for help with her pumpkin? (*She knew it was too heavy. She was not embarrassed or proud and did not feel less important. She just knew she couldn't do it by herself. Humble people know it is not a sign of weakness to ask for help, but that it is necessary sometimes to avoid having something bad happen - like breaking the pumpkin!*)

Dismissal: review the verse and sign language; say the main point together
Humble people accept help from others and enjoy teamwork.

Planning Notes:

Fall 2021 CT 'Humility' Junior Version: "Proud or Humble?"

How do I practice humility?

"I remember God cares for me so I think about helping others."

What does God say? 1 Peter 5:5b (ERV):

"God is against the proud, but he is kind to the humble."

Week 8: Oct 25-30

1. Practice declaration & verse together

2. Lead-in: Golden Rule Song

3. Share today's main point:

Lesson 8: *Humble people accept help from others and enjoy teamwork.*

4. Review the chapter using pictures: "*I Can Do It By Myself!*"

5. Questions (Choose one or more that best fits your class)

- (*Show pic #2*) Look at Rayna's face. Do you think she looks surprised at what happened?
(*Yes!*)
- Who was Rayna thinking about when she said she could lift Ruby's pumpkin without any help?
(*Herself*)
- Why didn't she want any help? (*She just wanted to show off. She thought she was super strong - but she wasn't.*)

6. What do you think?

- When we show off and try to make people think we are stronger, faster, or smarter than they are, we are being proud. Rayna was being proud and it made Ruby sad. Do you think Ruby was acting proud or humble in this story? (*Humble*) What does Ruby do that shows she is acting humble? (*She asks for help; she tries to help Rayna*)

Dismissal: review the verse and sign language; say the main point together:

Humble people accept help from others and enjoy teamwork.

Handout: **Supplement #4 Pumpkin Hunt**

Planning Notes:

Fall 2021 CT 'Humility' Junior Version: "Proud or Humble?"

How do I practice humility?

"I remember God cares for me so I think about helping others."

What does God say? 1 Peter 5:5b (ERV):

"God is against the proud, but he is kind to the humble."

Week 9: Nov 1-Nov 6

1. Practice declaration & verse together

2. **Lead-in:** Who remembers why Ruby's pumpkin broke in pieces? (*It was too heavy for Rayna but she wouldn't ask for help, so she dropped it.*) Sometimes you **should** do things by yourself and sometimes you **shouldn't**.

- Should you make your bed by yourself?
- Start a fire in the fireplace?
- Feed the dog?

When you know you need help, ask! If you're not sure, ask! When you know you can do something easy like make your bed - don't be lazy! Do it by yourself.

3. Share today's main point:

Humble people accept help from others and enjoy teamwork.

4. Review the chapter using pictures: "*I Can Do It By Myself!*"

5. Questions (Choose one or more that best fits your class)

- After Rayna realized how sad she made Ruby, what did she do that shows she was acting in a humble manner? (*She admitted she was wrong; she offered to help find another pumpkin; they both carried the pumpkin together.*)
- (*Show pic #2*) Why do you think both girls are smiling in this picture? (*It was more fun to work as a team and they both felt important when they finished.*)

6. What do you think?

- If humble people accept help from others and enjoy teamwork, what do you think proud people do? (*Proud people often try to do things alone so they can look better than others, but many times they end up alone.*)
- Do you think it's fun to be alone all the time? (*No!*) How can you make sure you will always have friends? (*Say the declaration together, then tell them: If you help others, you will always have friends!*)

Dismissal: review the verse and sign language; say the main point together:
Humble people accept help from others and enjoy teamwork.

Planning Notes:

Fall 2021 CT 'Humility' Junior Version: "Proud or Humble?"

How do I practice humility?

"I remember God cares for me so I think about helping others."

What does God say? 1 Peter 5:5b (ERV):

"God is against the proud, but he is kind to the humble."

Week 10: Nov 8-13

1. Practice declaration & verse together

2. **Lead-in:** Do any of you know what it means to brag? (*answers*) People who brag like to be the center of attention so they say things that make them look better than others, whether they are true or not.

- "I'm the smartest one in the class!"
- "I can do more push-ups than my dad!"
- "That's SOOO easy. I learned to ride my bike when I was three!"

Listen to our new story and tell me if you hear anyone bragging about themselves.

3. Share today's main point:

Lesson 10: *Humble people thank God for the special abilities they have.*

4. Listen to the chapter and show pictures: ***Fast Meets Faster***

5. Questions (Choose one or more that best fits your class)

- a. Why weren't the kids sad when Beatrice was leaving her old school and moving to a new one? (*She bragged about how fast she was and ruined the fun for everyone else.*)
- b. Why did Beatrice want to race Rayna? (*She saw Rayna win a race and was sure she could beat her and be the fastest in the school.*)
- c. What did Rayna do after she won that really surprised Beatrice? (*She didn't brag or announce how good she was. She only invited Beatrice to get some lemonade.*)

6. What do you think?

- a. If you are really good at something, like Beatrice, what do you think you can do so you do NOT become a bragger but remain humble? (*declaration*)

7. Golden Rule Song

Dismissal: review the verse and sign language; say the main point together:

Humble people thank God for the special abilities they have.

Planning Notes:

Fall 2021 CT 'Humility' Junior Version: "Proud or Humble?"

How do I practice humility?

"I remember God cares for me so I think about helping others."

What does God say? 1 Peter 5:5b (ERV):

"God is against the proud, but he is kind to the humble."

Week 11: Nov 15-20 (Thanksgiving break: Nov 22-26)

1. Practice declaration & verse together

2. Lead-in: Who remembers what humility is? (*answers*) We think of others first. We're being humble when we put **others' needs** ahead of **our own wants and interests**. Who is a good example of humility in our story: Beatrice or Rayna?

3. Share today's main point:

Lesson 11: *Humble people thank God for the special abilities they have.*

4. Review the chapter using pictures: *Fast Meets Faster*

5. Questions (Choose one or more that best fits your class)

- (*Show pic #3*) What do you think Beatrice might be saying in this picture? ("*Oh no! I'M not going to win!*" "*Rayna's going to tell everyone she beat me!*" ...)
- (*Show pic #4*) Who is Rayna pointing to? (*God*)
- Why didn't Rayna tell everyone she was the fastest in the whole school like Beatrice thought she would? (*Rayna knows that it's GOD who gives special abilities. She thanks God and wants HIM to be recognized, not herself.*)

6. What do you think?

- What special abilities do you think God has given you? *Coaches: if you know your kids well enough, tell them what you see is a special gift. You can also help them along by asking,*
 - "Who can run fast like Beatrice and Rayna?"
 - "Can anyone draw or paint good people and animals?"
 - "Who can play an instrument well?"
 - "Are any of you really good at math or a fast reader?"

Say together out loud: "Thank you, God, for the special abilities you have given me!"

Dismissal: review the verse and sign language; say the main point together:

Humble people thank God for the special abilities they have.

Handout: Supplement #5 Special Gifts

Planning Notes:

Fall 2021 CT 'Humility' Junior Version: "Proud or Humble?"

How do I practice humility?

"I remember God cares for me so I think about helping others."

What does God say? 1 Peter 5:5b (ERV):

"God is against the proud, but he is kind to the humble."

Week 12: Nov 29-Dec 4

1. Practice declaration & verse together
2. Today's main point reminds us what humility is:
When we put others' needs ahead of our own wants and interests, we are being humble. We are thinking of others first.
3. Lead-in: It's our last week learning about humility and we're going to play a game called ***Who Remembers!***

Coaches: How to play:

1. Turn all visuals (except supplements) face down on the floor.
2. Have kids sit in a circle around the visuals and let a student pick one up and show it to everyone.
3. Coach asks: "Who remembers what this picture is about?" Or ask a more specific question like, "Who remembers what this turtle's name is?"
4. Set that visual aside and go around the circle until everyone has picked one up. Do more than one if time.

4. Finish with the Golden Rule Song

****If possible, take videos and pictures.**

Dismissal: review the verse and sign language; say the main point together:

When we put others' needs ahead of our own wants and interests, we are being humble. We think of others first.

Planning Notes:
