

## Feet First

**Bible Story:** Feet First (Jesus washes the disciples' feet) • *John 13:1-17*

**Bottom Line:** I can put others first by serving them.

**Memory Verse:** "Do nothing out of selfish ambition or vain conceit. Rather in humility value others above yourselves." *Philippians 2:3, NIV*

**Life App:** Humility—putting others first by giving up what you think you deserve.

**Basic Truth:** I should treat others the way I want to be treated.

### Early Arriver Activity (8:45) (10:30) (5:45)

**What You Need:** An offering container

**What You Do:**

Encourage kids to put their offerings into the container as they arrive. Then instruct them to talk to each other about ways they can help their family members and friends. How can they help their mom and dad at home? How can they help their friends or teacher at school? How can they help others at church? Where else do they go where they can help?

### Plug In (9:00) (10:45) (6:00)

**Foot Games**

**What You Need:** White boards, markers

**What You Do:**

Instruct kids to use their feet (instead of their hands) to do the following:

- Clap
- Write their name
- "Shake" a friend's foot (like shaking a hand)
- Take their socks off and put them back on

**What You Say:**

"It was hard to do some of those things with your feet, wasn't it? But it was fun watching you try to do them!

**[Transition] Let's go to Large Group, where we'll hear some more about feet."**

Lead your group to the Large Group area.

### Prayer Time

After large group, gather children in their small groups. Lead them in prayer focusing on "The Bottom Line."

### Catch On #1

**Clean Hands (application activity / review the Bible story / great for active learners)**

**What You Need:** Wipes

**What You Do:** Instruct kids to sit in a circle. Give each child a wipe. Assign each child a partner and have them wash each others hands with their wipe.

**What You Say:**

"Jesus did something for His friends that only a servant would do—wash their feet. The disciples had been walking around on dirt roads in their sandals, so no doubt those feet were DIRTY—much dirtier than your hands just were. But Jesus wanted them to know that He, they, you, and **[Impress] I can put others first by serving them. [Personalize] (Tell kids about a time when you put someone first by serving them in the past couple of weeks.) [Apply] When we serve others, we show humility—we give up what we think we deserve. Jesus deserved for others to wash HIS feet, but He turned things around and showed humility by serving others instead. Let's all look for chances this week to serve others like Jesus did!"**

### Catch On #2

**How Can I Serve? (application activity)**

**What You Need:** "How Can I Serve?" (Activity Page), pencils

**What You Do:**

Give each kid an Activity Page and pencil. Instruct them to look at the picture and circle all the things they see that they could help with. Then talk about what they could do to serve, such as feed the baby, let the dog out, clean up the spills, etc.

**What You Say:**

**“You and *[Impress]* I can put others first by serving them. *[Apply]* When we serve others in the ways you just described, we are showing humility and giving up what we think we deserve to do something to help others.”**

## First Offense

**Bible Story:** First Offense (Jesus is arrested and heals the servant's ear) • *John 18:1-11*

**Bottom Line:** I can put others first by letting go of what I want.

**Memory Verse:** “Do nothing out of selfish ambition or vain conceit. Rather in humility value others above yourselves.” *Philippians 2:3, NIV*

**Life App:** Humility—putting others first by giving up what you think you deserve.

**Basic Truth:** I should treat others the way I want to be treated.

### Early Arriver Activity (8:45) (10:30) (5:45)

**What You Need:** An offering container

**What You Do:**

Collect kids' offerings as they arrive. Then ask them questions (and encourage them to ask each other questions) about things they want. What do they want for lunch? What do they want to do at school this week? What do they want for their birthday? Where do they want to go on vacation?

### Plug In (9:00) (10:45) (6:00)

**Hold On**

**What You Need:** Foot-long pieces of string or yarn.

**What You Do:**

Pair kids up. Instruct them to stand facing each other with one arm straight out in front of them. Their fingers should be about eight inches from their partner's fingers. Give each pair a string to hold between them. Make sure they don't pull the string tight, but let it droop a tiny bit. Then tell kids to stand there holding their strings for as long as they can without having to drop their arm and let go of the string.

**What You Say:**

“Whew! That was hard after awhile, wasn't it? Even if you were the partner who didn't let go of the string, eventually you would have had to let go, too. **[Transition]** Let's go to Large Group, where we'll hear more about letting go.” Lead your group to the Large Group area.

### Prayer Time

After large group, gather children in their small groups. Lead them in prayer focusing on “The Bottom Line.”

### Catch On #1

**A, B, or C (application activity / review the Bible story)**

**What You Need:** “Week 2 Bible Story” (Activity Page); Bible; A, B, and C papers

**What You Do:**

Place the A, B, and C papers at different places around your area, and point them out to the kids. Explain that you will read the Bible story to them. When you read a multiple-choice question, they should run to the letter of the correct answer.

After you read the story, remind the kids of today's Bottom Line: **[Impress]** I can put others first by letting go of what I want. Tell them you're going to ask a few more multiple-choice questions that you'd like them to answer.

You're on your way home from school and your mom says you can stop somewhere for a snack. You want to go to your favorite pizza place, but your sister doesn't really like pizza. She's a big fan of frozen yogurt. If you're showing humility, what should you say?

- A) “Pizza! Pizza! Pizza!”
- B) “I feel like some frozen yogurt today.”
- C) “It's too cold for frozen yogurt. I want some cheesy breadsticks.”

At recess, your two friends and you all want to do different things. Sam wants to play soccer, Jacob wants to swing, and you want all of you to play kickball with the group across the yard. If you're showing humility, what should you say?

- A) “Let's swing for a few minutes and then play soccer. We can play kickball another day.”
- B) “Everybody's playing kickball. They won't like us if we don't play with them.”

C) "I'm better at kickball than soccer, and I don't like swinging. I'm going over there to play kickball with the others."

**What You Say:**

"I think you're getting the hang of this humility thing! **[Apply]** When we put others first, we show them that we think they're important. We also show God that we think HE is important, because we are following Jesus' lead by showing humility. Say today's Bottom Line with me: **[Impress]** I can put others first by letting go of what I want. Yes! Let's let go of what we want and show others that they are important."

**Catch On #2**

**Let It Go (application activity / great for active learners)**

**What You Need:** "Let It Go Pictures" (Activity Pages), scissors, bowl or bucket

**What You Do:**

Hand out Activity Pages and instruct kids to cut the pictures apart. Then tell them to put the two "A" pictures in front of them. Instruct them to each pick up the one they would rather play. Explain that their sister would rather play the other, and in order to show humility, they need to "let go" of what they want by putting it into the bowl. Repeat with the other picture pairs.

**What You Say:**

**[Apply]** "The more you let go of what you want and show humility by giving up what you think you deserve, the easier it gets. I know this from experience! I also know that it's something that kids need to do, AND it's something that adults need to do, too. Humility is a lifelong Life App! **[Personalize]** (Tell kids about a time recently when you let go of something you wanted. Keep it age-appropriate.) **[Impress]** I can put others first by letting go of what I want!"

## Firsthand

**Bible Story:** Firsthand (Jesus is crucified, buried, and resurrected) • *John 18:12–20:23 (with Philippians 2:3-8)*

**Bottom Line:** I should put others first because Jesus put others first.

**Memory Verse:** “Do nothing out of selfish ambition or vain conceit. Rather in humility value others above yourselves.” *Philippians 2:3, NIV*

**Life App:** Humility—putting others first by giving up what you think you deserve.

**Basic Truth:** I should treat others the way I want to be treated.

### Early Arriver Activity (8:45) (10:30) (5:45)

**What You Need:** An offering container

**What You Do:**

Collect kids' offerings as they arrive. Then ask kids to tell their favorite stories about Jesus.

### Plug In (9:00) (10:45) (6:00)

**Picture It**

**What You Need:** Picture book

**What You Do:**

Read the picture book aloud to the kids. Ask them to describe how a character showed humility in the book. Who put someone else first?

**What You Say:**

“That was a great story about someone who put someone else first. But it’s a fictional story—it’s not true.

**[Transition] Let’s go to Large Group, where we’ll hear a TRUE story about how someone put others first. It’s actually the best story EVER!”** Lead your group to the Large Group area.

### Prayer Time

After large group, gather children in their small groups. Lead them in prayer focusing on “The Bottom Line.”

### Catch On #1

**Give It Away (application activity / great for active learners)**

**What You Need:** Basket/bucket of eggs and candy

**What You Do:**

Place the two baskets/buckets at different spots in your room. Divide the group into two teams and help kids line up 15-20 feet away from the baskets. Let the teams race to relay down to their baskets to get one egg and one piece of candy to put in the eggs. The first team to have all of its members get an egg and put a piece of candy in each wins. Depending on where the lines of kids and the baskets are, the teams might be crossing paths during the race. Remind kids of today’s Bottom Line, **[Impress] “I should put others first because Jesus put others first”** as a hint as to how they should deal with the potential traffic jam. Encourage kids who put others first during the race.

**What You Say:**

“Today, we are learning that **[Impress] I should put others first because Jesus put others first. [Apply]**

**Jesus gave us the best gift of all when He died on the cross and rose again to save us from our sins. We can’t do that for others, but we can put others first in many ways.**

### Catch On #2

**Which Word? (memory verse activity)**

**What You Need:** “Memory Verse Page” (Activity Page), pencils, Bibles

**What You Do:**

Hand out Bibles and help kids look up Philippians 2:3. Use the tips from Week 1 if needed. Read the verse aloud several times, and then give each kid a Memory Verse Page. Explain that they will need to choose the right word in several places. Read the verse aloud as kids follow along on their papers. As you get to a spot where kids have to choose a word, read both words and give kids time to circle the correct one.

**What You Say:**

***[Apply]*** “Jesus thought of others and showed humility when He died on the cross for our sins and then rose again. He put us first by giving of Himself for us. He also wants us to put others first. *[Impress]* I should put others first because Jesus put others first.”

## Who's On First?

**Bible Story:** Who's On First? (Jesus restores Peter) • *John 21:1-19*

**Bottom Line:** I can put others first by making things right.

**Memory Verse:** “Do nothing out of selfish ambition or vain conceit. Rather in humility value others above yourselves.” *Philippians 2:3, NIV*

**Life App:** Humility—putting others first by giving up what you think you deserve.

**Basic Truth:** I should treat others the way I want to be treated.

### Early Arriver Activity (8:45) (10:30) (5:45)

**What You Need:** An offering container

**What You Do:**

Collect kids' offerings as they arrive. Then ask them to share stories about how they have put others first or had someone else put them first over the past few weeks.

### Plug In (9:00) (10:45) (6:00)

**Freeze Tag**

**What You Need:** No supplies

**What You Do:**

Guide the kids to play Freeze Tag. Tell them that in order to unfreeze people, they have to run a circle once around that person.

**What You Say:**

“That was so much fun! I loved seeing how you put others first by taking time to unfreeze them. *[Transition]*

**Let's go to Large Group, where we'll hear one more Bible story about putting others first!”**

Lead your group to the Large Group area.

### Prayer Time

After large group, gather children in their small groups. Lead them in prayer focusing on “The Bottom Line.”

### Catch On #1

**Make Things Right (application activity)**

**What You Need:** “Forgiveness Pictures” (Activity Pages)

**What You Do:**

One at a time, hold up the Forgiveness Pictures. Ask kids what they think is happening in the picture. Then choose two kids to role-play the situation. Help them each figure out what they could say to make things right.

**What You Say:**

*[Apply]* “There are lots of times every day when we have a chance to make a wise choice and make things right with our family members, friends, and sometimes even strangers or people we don't like. It's not always easy to do, but it's what Jesus did and what He wants us to do, too. You and *[Impress]* I can put others first by making things right.”

### Catch On #2

**Verse Relay (memory verse activity / great for active learners)**

**What You Need:** “Memory Verse Phrases” (Activity Pages)

**What You Do:**

Place the Memory Verse Phrases in random order in a circle around the edge of your space. Instruct kids to all gather closely together in the middle of the circle. Then, one at a time, kids will go pick up a phrase. You choose the first kid, who then tags the next kid, and so on until all kids have a phrase. The trick is that each person must move in a different way—run, walk, skip, hop, walk backwards, army crawl, etc. Once all kids have a phrase, help them put the phrases in order and then say the verse together several times.

**What You Say:**

“This month, we've heard lots of stories about how Jesus showed humility, thought of others before Himself, and put others first. You and *[Impress]* I can put others first by making things right. *[Apply]* The cool thing about that is when we are constantly thinking about how to put others first, we will naturally want to make things right with them when we've done something to hurt them or they've done something to hurt

**us. Let's all do our best to live out this month's memory verse and think of others as better than ourselves."**