

OBJECT LESSON: Humility

NEEDED: building blocks or dominoes

ASK: What do you think about yourself? If someone asked you to describe yourself, what would you say?

OPTIONAL: Have a couple students describe themselves.

SHOW: blocks or dominoes. Stack them as you talk, ending with a great fall.

ASK: Have you ever taken these and stacked them up as high as you could? What happens when the stack gets too high?

It doesn't matter how neatly you stack them or how much time you spend at it, when it gets too high it will fall and fall hard.

How are blocks (or dominoes) and people alike?

Some people think too highly of themselves. They will eventually end up with a big fall.

QUOTE or READ: Romans 12:3

Paul warned us not to think of ourselves more highly than we ought to. When we think too much of ourselves, we are like the blocks that get too high. You never know how much is too much, until it all comes crashing down.

God promises blessing for the Meek -- those of a quiet, gentle spirit who know how much they owe God, how much they depend on God, and do not think too highly of themselves.

WHAT IS MEEKNESS?

AGREE or DISAGREE:

- | | |
|---|-------------------|
| 1. A meek person is wimpy. | AGREE or DISAGREE |
| 2. A meek person is always down on himself. | AGREE or DISAGREE |
| 3. Meekness is the opposite of Pride. | AGREE or DISAGREE |
| 4. Meekness means giving in to others. | AGREE or DISAGREE |
| 5. A meek person will give up a fight. | AGREE or DISAGREE |
| 6. No one respects a meek person. | AGREE or DISAGREE |

Will a conceited person have more friends than a meek person?



Can you like yourself and still be meek?

FYI -- jockeys and horse trainers refer to the horse that wins as "the meekest on the track". This is the horse most under control, the horse that responds quickly to the jockey's guidance. How can being meek bring God's blessing in your life?

OBJECT LESSON: Blessed are they that mourn, for they shall be comforted.
Humble yourselves in the sight of the Lord, and He shall lift you up

READ or QUOTE: Matthew 5: 1-5
James 4:10

NEEDED: a bottle of eye drops, such as saline solution
(you could also use a large handkerchief)

EXPLAIN: Mourning is not only something you do when someone dies.

They who mourn are those who feel their spiritual need, and cry and seek God.

The Poor in Spirit are those who recognize their need for God, for salvation, and also those who are already saved but realize their spiritual need for a closer walk with God.

SHOW: eye drops

When my eyes get tired or itchy, I put drops in them to help them feel better. We have natural eye drops to cleanse our eyes: tears. God gave us tears to cleanse the dust and other objects that get into them.

Tears are also symbolic of grief, a natural and important way of expressing our emotions of sadness, hurt or mental anguish. After we cry, we feel better. God gave us this way of cleansing our souls.

Sometimes people will feel strange or awkward when they go to the altar to pray, because they will cry. There is nothing wrong with that. God is helping you to learn to MOURN so that you can be cleansed, be saved, receive your sanctification or your baptism.

When you are meek, or poor in spirit, it does not mean that you are a crybaby. It means you are not afraid to let God inside to work on you. Sometimes we cry when God works on us, sometimes we do not. But God cannot work on you if you think you don't need work.

Remember the eye drops -- the tears are there for a reason. When we are poor in spirit (recognize our need) and mourn (cry and seek God) He can make changes in us. We must humble ourselves in order for God to have room to work and to "lift us up".

ANSWER EACH SITUATION WITH A PRIDEFUL RESPONSE AND HUMBLE RESPONSE. BE PREPARED TO SHARE YOUR ANSWERS.

1. YOUR OLDER BROTHER OFFERS TO HELP YOU WITH YOUR ALGEBRA AFTER YOU TOLD HIM THERE WILL BE A QUIZ TOMORROW.

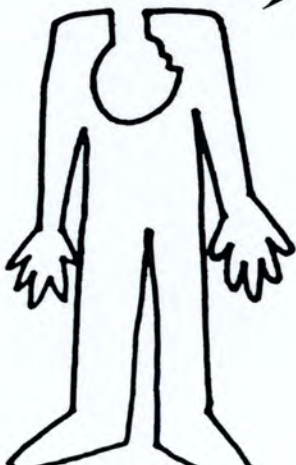
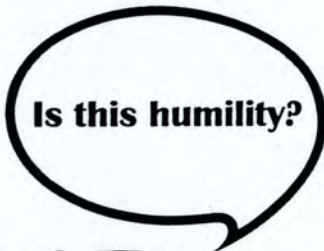
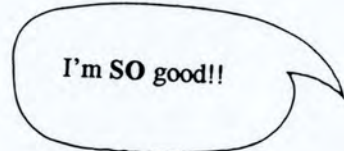
2. THERE'S A POSITION OPEN ON THE DEBATE TEAM AT SCHOOL. YOUR TEACHER WANTS YOU TO BE ON IT, BUT SAYS YOU MUST KNOW A LOT ABOUT POLITICS.

3. YOUR BOSS TOLD YOU TO UNLOAD ALL THESE BOXES. SOME OF THEM ARE QUITE LARGE AND HEAVY. A GUY YOU WORK WITH ASKS IF HE CAN HELP YOU.

4. THE YOUTH PASTOR ASKS IF YOU'D LIKE TO STAY AFTER AND HELP WITH CLEAN-UP.

5. YOU HIT THE HOMERUN THAT WON THE GAME. NOW YOUR TEAM WILL GO TO THE PLAYOFFS.

WHAT IS HUMILITY?



WRITE YOUR ANSWERS HERE

Is humility being down on yourself?

What do you think humility is?

What will God do for us if we humble ourselves?

Name one thing you can do to humble yourself.



“HUMILITY” LESSON PLAN — LESSON 144

OPENER

Agree/Disagree

1. Read the definition of meekness.
2. Project Agree/Disagree statements with a transparency projector on screen.
3. Teacher reads the statements and asks students to raise their hands if they agree, then ask students who disagree to do the same.
4. When there is a disagreement, the teacher asks someone who agreed to explain why. Then someone who disagrees may explain his or her position. Give several students an opportunity to speak until differing positions have been clarified.

BIBLE EXPLORATION

Explore Scripture while asking the question, “Why does God value meekness?”

BIBLE LEARNING ACTIVITY

Skits

1. Ask students to form small groups to study the Scripture verses that you pass out in order to discover the main point.
2. Each group prepares an informal skit which conveys the message of the Scripture in a contemporary setting.
3. The skits are presented and discussed. Two skits may be developed, one to show how to and the other how not to show meekness.

Possible Scripture References: “soft answer,” Proverbs 15:1; “turn the other cheek,” Luke 6:29; “pride goeth before,” Proverbs 16:18, “better it is to be of a humble spirit,” Proverbs 16:19; “God resisteth,” James 4:6; “restore in meekness,” Galatians 6:1; “think more highly of oneself,” Romans 12:3.

APPLICATION TO LIFE

Brainstorming

There are many ways that pride can get you into trouble. Brainstorm thirty ways that humility can keep you out of trouble. Instruct students to come up with as many ideas as possible without evaluating. At the conclusion, discuss a few of the ways that humility can keep you out of trouble and help you to be more like Jesus.

AGREE/DISAGREE ON MEEKNESS

Definition: Meek people feel themselves to be superior to no one, and they know that they have nothing of spiritual or temporal good but what they have received from God. They know they do not deserve God's favor.

1. Meekness is weakness
2. Every Christian knows what humility is.
3. You will always get ahead if you are meek and humble.
4. It is almost impossible for a rich person to be humble and meek.
5. Jesus regards sorrow as a blessing.