











Theme	 <h1 data-bbox="815 91 1318 165">HUMILITY</h1>	
 Key concept	<p>We live in a world where some people say: “look at me, look at me”, chasing after fame and wanting to be noticed. Yet the real heroes (as we have seen over the last few months) are the everyday people who care and think of others.</p> <p>Many Christians across the world believe that Jesus is a ‘Servant King’ – one who both showcased and valued humility, calling others to follow his example, too. Being humble means having a realistic picture of ourselves – to be mindful of the times we do amazing things (wow!), the times we fail (ow!) - and seeks to build others up, rather than looking for fame or recognition.</p>	
 Listen	<p>‘Fix You/ Bridge Over Troubled Water’ sung by the NHS Choir – two beautiful songs about thinking of others, interwoven and sung by everyday heroes: https://www.youtube.com/watch?v=T8qHXIShfUQ</p>	
 Think		<p>Do we sometimes like to show off? Do we like to be the centre of attention? Do we like to show that we are better than others? I wonder how we might acknowledge our imperfections this week? I wonder how we might build others up this week, putting them before ourselves?</p>
 Gather	<p>Time to find the special place, the place to be quiet and still. Can you find a shoe in your home – one that’s been well-used, perhaps a bit smelly? Hold it and ask yourself, how has it been damaged or scuffed as it’s been used? What it’s made of, who might have made it? In what ways is this special? Can you find anything beautiful or amazing about how it’s been made, or the experiences it’s been through?</p> <p>Today we are going to use this shoe, and others, to learn more about humility – being humble. Humility is a difficult word to understand. But it’s a wonderful quality! If you have humility you can really listen to people, and you can see the good in everyone – and you can accept that you are not perfect!</p>	
 Engage	<p>In today’s Bible story, Jesus speaks about two kinds of people. Let’s read the story together: https://www.biblegateway.com/passage/?search=Luke+18%3A9-14&version=GNT Now watch the story one of these videos – or both, as they are both good in different ways. https://www.youtube.com/watch?v=Ufe6zouTq8g or https://www.youtube.com/watch?v=kLCSVjHKQjk Did you notice...?</p> <ul style="list-style-type: none"> • What the Pharisee does to show how ‘good’ he thinks he is? • What the tax-collector does to show that he knows he is not perfect – that he has done things that are wrong? • Who Jesus says is ‘right with God’ that day? How do you think the tax collector would feel on hearing this? What about the Pharisee? The Pharisee liked to draw attention to himself. ‘Look at me! Look how amazing I am! Look how I am so much better than others around me!’ In order to build himself up, he put others down. This is the opposite of what humility is. Humility, or being humble, is about putting others first and knowing that you are not perfect. In this Bible story, Jesus mentioned that it was the tax collector that God was most pleased with... the tax collector who would be made great. 	
 Reflect	<p>‘Never look down on anybody unless you’re helping them up.’ Jesse Jackson Have you had moments in your life where you have boasted, bragged or put others down to make yourself look good? Have you had times when you’ve been humble, looking at the wonder of others rather than the wonder of ourselves? Think... ..about how you could build others up this week ...how others in your life help to build you up and support you ...how we are not perfect – everyone makes mistakes and can accidentally knock people down. If we say sorry, we can help to rebuild relationships.</p>	
 Send out	<p>If we have humility, we look for the good in others rather than showing off how brilliant we are. I wonder how you might build others up and not put others down this week? If you’d like to, ask your family to help with this. You might also like to say a prayer to God, asking you to help with this.</p>	
 Spiritual development	<p>Consider ‘Be completely humble and gentle; be patient, bearing with one another in love.’ (Ephesians 4:2) Make a point of saying thank you to someone every day. Watch what happens to others, and to yourself, when you show gratitude. Create a Jar of Humility. Every day write on a piece of paper saying how someone has helped you – it can even be help with the most thankless of tasks. Fold up the paper and place in a jar. After 7 days, empty out the jar and read all 7 examples. Reflect on what these mean to you; you might like to say your own private prayer to God, giving thanks for the special people who have helped you this week.</p>	