



**Mustard Seed Sunday School Lesson for December 31, 2006  
Released on Wednesday, December 27, 2006**

**"Jesus: Our Example of Humility"**

**GOLDEN TEXT—"He humbled himself, and became obedient unto death, even the death of the cross" (Philippians 2:8).**

**Philippians 2:1–11**

1 If there be therefore any consolation in Christ, if any comfort of love, if any fellowship of the Spirit, if any bowels and mercies,

2 Fulfil ye my joy, that ye be likeminded, having the same love, being of one accord, of one mind.

3 Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves.

4 Look not every man on his own things, but every man also on the things of others.

5 Let this mind be in you, which was also in Christ Jesus:

6 Who, being in the form of God, thought it not robbery to be equal with God:

7 But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men:

8 And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross.

9 Wherefore God also hath highly exalted him, and given him a name which is above every name:

10 That at the name of Jesus every knee should bow, of things in heaven, and things in earth, and things under the earth;

11 And that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

## **NOTES ON THE LESSON**

This week's lesson focuses on another aspect of the incarnation—the humility Christ showed in allowing Himself to become a man. If ever anyone had good reason to be proud, Jesus did. He was the perfect, eternal Son of God.

Jesus is our example of true humility because He willingly gave up His wonderful life in heaven in order to come to earth and become our Saviour. God came down and was born in a stable! He wants His followers to be humble too.

### **THE OBJECT IN VIEW:**

Teach that Jesus showed us how to be humble when He left heaven to become our Saviour.

### **TRUTHS TO STRESS:**

1. God wants primaries to be humble, thinking of the good of others rather than self.
2. Jesus gave us the best example of humility when He left heaven to be born as a baby.
3. Jesus is exalted in heaven today, but He first humbled Himself to become our Saviour.

## **PLANNING VISUAL AIDS**

For **Beginning the Lesson**, arrange with one or two of your more outgoing students to act out how someone might behave if he was very proud and thinking only of himself.

For **Telling the Lesson**, you will need a Baby Jesus figure.

For **Helping to Remember**, bring a small picture of Jesus and a cardboard backing about one inch larger than the picture for each student. You will also need glue and glitter.

## **BEGINNING THE LESSON**

If someone was very proud, how might he act? (Teacher, call on the prearranged student or students to demonstrate pride. Then call attention to the body language, tone of voice, and choice of words that showed pride.) When people are proud, they think they are better than others. They think only of what they want and what they like, without considering what is good for others.

What is the opposite of a proud person? Yes, a humble person—someone who shows humility. A humble person thinks right thoughts about himself. He thinks about the needs of others. The Bible teaches us that it is sinful to be proud but good to be humble.

## **TELLING THE LESSON**

(Teacher, show the Baby Jesus figure.) Jesus is our best example of someone who was truly humble. The Bible says that all those who believe in Jesus have become one with Him and with one another. We should not be thinking only of ourselves. Rather, we should think of the good of our brothers and sisters in the family of God. In everything we do, we should not act as if we were the only ones who are important. We should love others and show that we realize they are important too. This is true humility.

(Teacher, show the picture of Jesus as an adult.) Jesus set a wonderful example of what it means to be truly humble. He was God. He lived from eternity past in a beautiful place we call heaven. He was perfect. He had all power. Nevertheless, He was thinking of us. He was thinking of our good. He chose to leave heaven so that He could become our Saviour.

Jesus humbled Himself to become a little baby. When He became a man, He served others. He taught them, loved them, walked with them, healed them, and even raised some from the dead!

Finally, Jesus humbled Himself to die on the cross for our sins. He was still thinking of us, still seeking our good.

After Jesus rose from the dead, He remained for fifty days on earth. Then God took Him back to heaven. Jesus was seated in the place of highest honor—at the right side of the Father. He was given a name of honor above all others.

Someday every person who has ever lived will bow before Jesus. Someday everyone will honor God by saying that Jesus is Lord. He will be greatly honored someday, but first He greatly humbled Himself.

### **TELLING HOW TO LIVE**

If Jesus could humble Himself to seek the good of others, surely we who love Him can do the same. I am asking you to pray every day this week, asking God to help you do and choose what is good for others, not just what you want. I am going to do the same. God will help us become more and more humble, like our beautiful Saviour, Jesus.

### **HELPING TO REMEMBER**

Give each student a small picture of Jesus and a slightly larger piece of cardboard to act as a frame. Let them glue the picture onto the frame and then decorate it by gluing glitter around the outside. While they are working, review how Jesus was exalted after He humbled Himself.

### **EXPLAINING THE GOLDEN TEXT**

**"He humbled himself, and became obedient unto death, even the death of the cross" (Philippians 2:8).**

Jesus humbled Himself by leaving the glory of heaven and His privileges, power, and unending knowledge as God. He humbled Himself by becoming a baby, accepting the limitations of human form.

He did this because He was obeying His Father's will. He did it because His Father and He wanted us to have a Saviour. Even though it meant terrible suffering—death on the cross—for Him, He obeyed His Father's will. He humbled Himself even to accept such suffering for us.

Because Jesus was willing to die for us, we now have the opportunity to have all our sins forgiven. We can now become God's children by receiving Jesus as our Saviour. Someday we will share with Him His wonderful life in heaven.

Jesus humbled Himself for our good. Now He asks that we humble ourselves for the good of others.

### **Lesson Activity:**

**Jesus: Our Example of Humility**

U A L L S A H A H L N S F A J  
A E V S F Y B D T X H E V P Y  
A N O G V U D O X W A D N R H  
C R Y C C N Z S V P K I J O E  
C F G D S Q M Y D E P R L W A  
D O O G P S T E X A M P L E V  
T T U R A I O H O N O R D N E  
C U O V L C Z M B Z X G O C N  
I S I I Z A S C E O T A G E G  
E O M P Y M I X S D W T I K M  
R U Z R R Z N V F U A D V H X  
H P G H T O S S U P S Y E N R  
J R L A M D Z K O J B E W E V  
B E U E S N S R E H T O J O N  
F G T X H F C J B B A L R A Q

ABOVE

CROSS

GOD

HELP

JESUS

ROSE

SOMEDAY

ALL

DIE

GOOD

HONOR

OTHERS

SAVIOR

BOW

EXAMPLE

HEAVEN

HUMILITY

PRIDE

SINS

19 of 19 words were placed into the puzzle.

## **Jesus: Our Example of Humility Solution**

+ A L L S A + + + + + + + + +  
+ + + S + + B + + + + E + + +  
+ + O + + + + O + + + D + + H  
+ R + + + + + + V + + I + + E  
C + + + + + + Y + E + R + + A  
D O O G + S T E X A M P L E V  
+ + + R A I O H O N O R D + E  
+ + O V L + + M B + + + O + N  
+ S I I + + S + E O + + G E +  
E O M + + + I + S D W + I + +  
R U + + + + N + + U A D + + +  
H P + + + + S + + + S Y + + +  
+ + L + + + + + + + + E + + +  
+ + + E + + S R E H T O J + +  
+ + + + H + + + + + + + + + +

(Over, Down, Direction)

ABOVE (6, 1, SE)

ALL (2, 1, E)

BOW (9, 8, SE)

CROSS (1, 5, NE)

DIE (12, 11, NE)

EXAMPLE (8, 6, E)

GOD (13, 9, N)

GOOD (4, 6, W)

HEAVEN (15, 3, S)

HELP (5, 15, NW)

HONOR (8, 7, E)

HUMILITY (1, 12, NE)

JESUS (13, 14, NW)

OTHERS (12, 14, W)

PRIDE (12, 6, N)

ROSE (4, 7, SW)

SAVIOR (6, 6, SW)

SINS (7, 9, S)

SOMEDAY (6, 6, SE)

### **Lesson Summarized by**

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