

UPSIDE DOWN

JESUS CHANGES EVERYTHING

Parent Cue • K-3 • Week of April 5th



Use this guide to help your family learn how God can help us live with humility. First, watch this video bit.ly/KidsUpsideDownWeek1 Then follow up with the activity below!

MEMORY VERSE

“Don’t do anything only to get ahead. Don’t do it because you are proud. Instead, be humble. Value others more than yourself.”
Philippians 2:3 (NIV)

LIFE APP

HUMILITY:
putting others first by giving up what you think you deserve

BIBLE STORY

Jesus Prays in Gethsemane
Matthew 26:36-56
(Luke 22:39-46, supporting)

BOTTOM LINE

Put others first.



**PARENT
CUE**

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ACTIVITY: WAKE UP, DISCIPLES!

WHAT YOU NEED:

2 index cards or half sheets of paper, a marker

WHAT YOU DO:

Write “true” on one index card and “false” on the other. Set the cards someplace where everyone can reach them. Get everyone ready to play a game! Ask everyone to pretend to be asleep, like the disciples were in today’s story, as Jesus was praying. Read one of the true/false statements below and then say “Wake up, disciples!” Then everyone “wakes up” and tries to be the first to grab the true or false index card, depending on whether or not the statement you just read is true.

For months the Jewish religious leaders had been plotting to kill Jesus. *(True)*

Jesus’ disciples stayed up all night praying in the garden. *(False; they fell asleep)*

Peter promised Jesus he would never turn away from Him. *(True)*

Jesus prayed all night in the Garden of Eden. *(False; Garden of Gethsemane)*

In the garden, Jesus prayed that God’s plan would come true. *(True)*

After Jesus was arrested, His disciples ran away even though they had promised to never leave Him. *(True)*

When the Jewish leaders came to arrest Jesus, He hid in a grove of trees and prayed they wouldn’t find Him. *(False)*

Jesus prayed for God’s plan to come true even if it meant He had to die. *(True)*

TALK ABOUT THE BIBLE STORY:

The disciples were supposed to be keeping watch for Jesus. How do you think Jesus felt when they fell asleep? *(Hurt, sad, like His friends weren’t “there for Him”)*

It can be tough for us to put someone else first, because usually we feel like doing what WE want to do. What’s one way we can put each other first even when we don’t feel like it? *(Use this moment to encourage your kid by talking about something good you’ve seen them do this past week. Give an example of how you’ve seen them put someone else first, and encourage them to think of other ways they can continue to do that this week.)*

PRAYER

Use this prayer as a guide, either after your discussion or right before bed tonight:

“Dear God, right now it feels especially hard to put others first. We need Your help even more to think of someone else’s needs above our own. We know that You hear us when we pray, and You want to help us do hard things like putting others first. Help us be more like Jesus and think of others before we think of ourselves. In Jesus’ name we pray, amen.”

HUMILITY

WEEK 1
K-1st

PUTTING OTHERS FIRST BY GIVING UP WHAT DO YOU THINK YOU DESERVE

BOTTOM LINE: Put others first.

Read Ephesians 4:2

DAY 1

You Go First

Practice putting others first this week by letting people go before you. Think of some of the times at school or at home that you can practice putting someone else first. It could be letting your friend go before you in the lunch line or letting your sibling choose the cookie first. Whatever it is, take a step back and let someone go first.

Ask God to help you put others first this week.

DAY 2

First Place

Grab some paper and some decorating supplies.

Today, you are going to create a first-place award for someone in your home. Think of someone in your home that always puts your needs first, maybe it's mom or dad. Draw them an amazing certificate that shows them how thankful you are that they put you first. Draw a picture of a time they helped you out! Somewhere on the drawing write **The Putting Others First Award**. When finished give your award to the winner. Thank them for all they do for you.

Thank God that He gave you people that put you first.

DAY 3

Putting People First Prayer

When praying, it is nice to pray for everyone else first and yourself last. Think of two people you can pray for today. Say a prayer for them and add yourself to the prayer at the end. Pray something like this:

"Dear God, Thank You so much for (people's names). (Pray something special about each person.) And God, I pray for myself that I can learn to put others first. I love You, God, amen"

Look for ways that you can put others first.

DAY 4

Act It Out

Read this week's Bible verse below and use the actions to help you remember!

Ephesians 4:2 (NIRV)

Don't be proud at all.

(Shake your head back and forth.)

Be completely gentle.

(Hug yourself.)

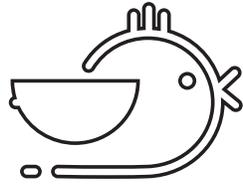
Be patient.

(Tap your wrist like you are wearing a watch.)

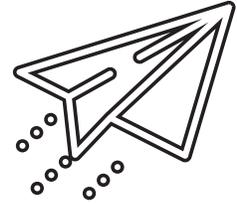
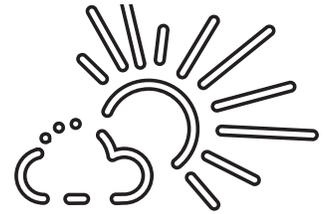
Put up with one another in love.

(Sign "I Love You" by holding up right-hand stick out the thumb, pointer, and pinky fingers while leaving middle and ring finger touching the palm.)

Know that treating others gently, with patience and love, are great examples of putting others first.

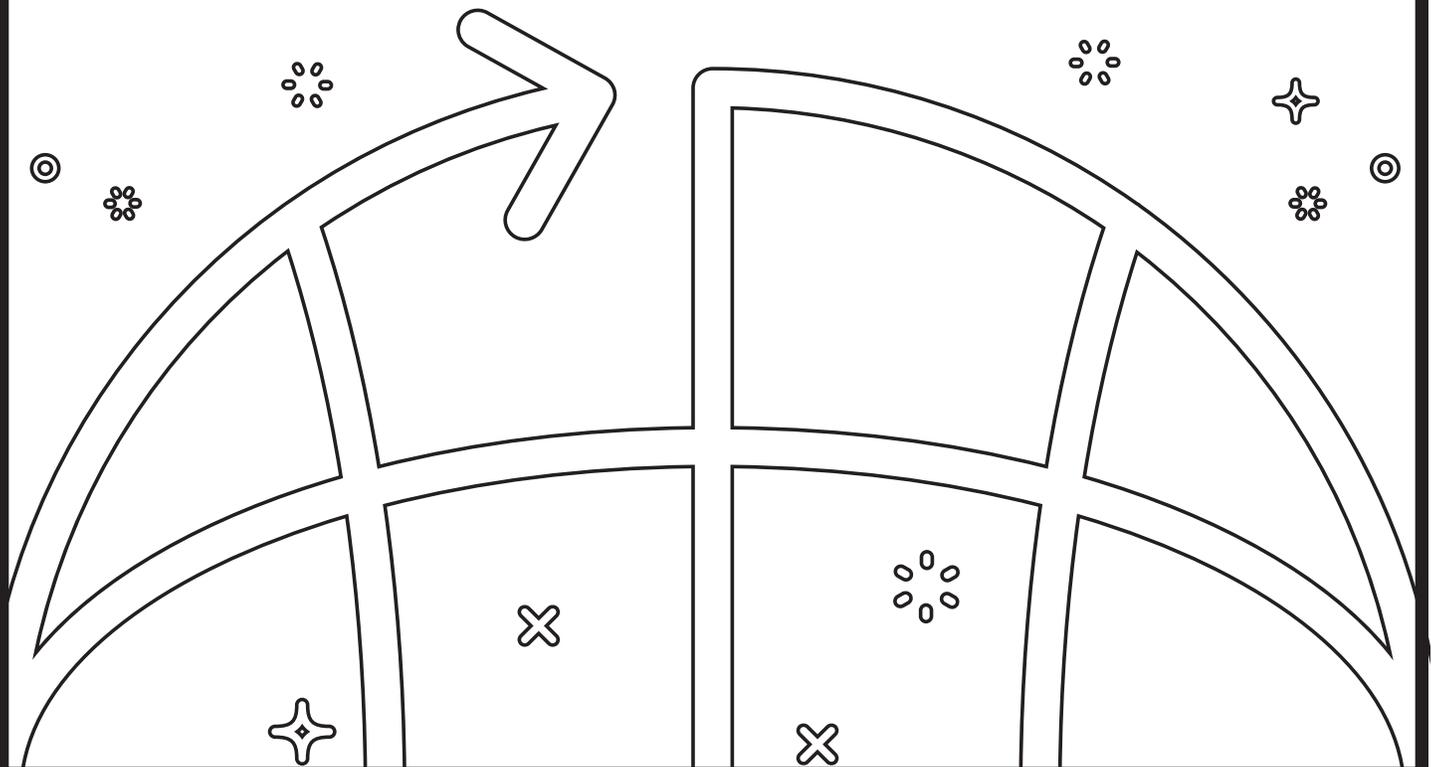


PUT



OTHERS

FIRST.



HUMILITY

WEEK
ONE

2nd-3rd Grade

**PUTTING OTHERS FIRST
BY GIVING UP WHAT
YOU THINK YOU
DESERVE**

READ EPHESIANS 4:2

DAY 1

This month is all about humility, putting others first by giving up what you think you deserve. What do you think you deserve? **Maybe . . . Win • Get your way • Be number one**

Humility is just the opposite. Humility isn't about you, it's about the people around you. That means you have to pay attention when you find yourself becoming impatient with others or pushing your way to the front. Because loving with humility means we put others first. What if you made a new list and considered what others deserve? Fill in the blanks below as you think about putting others first. The first one is completed to give you an example.

My brother deserves patience, even when he's driving me crazy.

My sister deserves _____.

My teacher deserves _____.

My friend deserves _____.

My mom/dad deserves _____.



Take a look at your answers above. Ask God to help you think about what others deserve so you can put them first this week.

READ MICAH 6:8

DAY 2

Today's verse makes it pretty clear what God expects of those who follow Him. And it's not saying He expects us to be perfect.

What God wants for us, what He expects of us, is pretty simple. We are called to act with justice—to treat others fairly. To love mercy—to choose kindness always. And to live humbly. God wants you to work hard at putting others first. He wants you to pay attention to the people around you and see how you can help. He wants you to choose to think about what someone else needs before you think about what you need. What does He expect? Humility.

Think about your day. Was there a time when someone else put you first? How did it make you feel? Was there a time when you chose to put someone else first? What happened?

Thank God for His love for you today and ask Him to help you "walk humbly" in His sight as you choose to put others first.

READ ROMANS 12:3

DAY 3

Have you ever accomplished something that made you feel proud? Maybe you finally got all A's on your report card. Maybe you landed that double back flip or made a free throw with a big swish.

When we accomplish things, it makes us feel good. But pride has a definite downside. When we start to think our accomplishments are all about us, and refuse to give God credit or acknowledge Him, that's when we get in trouble. That's why it's important that we "be reasonable" when it comes to how we think about ourselves. When you step back and remember that God is the one who makes everything possible, you won't let pride get in the way.

Think about the last big thing you did that made you proud. Did you brag about it? Did you tell everyone? Did you give God credit?

This week, practice "being reasonable." Each time you accomplish something and you find yourself starting to get puffed up with pride, bow your head and give God the credit instead.



READ COLOSSIANS 3:12

DAY 4

When you stumbled out of bed this morning, what was the first thing you did after yawning and stretching? Did you get dressed?

What if every time you got dressed, for one whole week, you thought about clothing yourself with humility? Stop for just a second and ask God to help you wear kindness like clothes and to walk with gentleness and patience.

One reason prayer is so important is because it reminds us that God is with us. When we ask God to help us live the way He wants us to live, He will. You are deeply loved by the God of all creation. So as you get dressed this week, ask God to help you walk in humility and put others first.

PUT OTHERS

.....
FIRST.

