

HUMILITY

OVERVIEW

lesson 11



BIG IDEA

Humility minimizes arrogance and removes pride. It is understanding our tendency to think we are better than we are, and our striving to lift up ourselves above others and God. It is admitting that we need the help and support of others.

KEY VERSES

1 Peter 5:5

All of you, clothe yourselves with humility toward one another, because, “God opposes the proud, but shows favor to the humble.”

MATERIALS LIST

- 3-5 sections of paracord or rope, about 24” long
- 3-5 small prizes like a pencil or piece of candy





HUMILITY

LESSON STORY

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LOLA THE WHALE

Lola the Whale was big, very big, and lonely, very lonely. For years she had wanted nothing to do with anyone, and she had become sadder and sadder. Whenever anyone tried to get close to her and cheer her up, Lola would move off.

Many thought that she was the most unpleasant whale in the world. She seemed uncaring and unfriendly, so they started ignoring her.

Turga, the 100 year-old sea turtle tried to tell the ocean creatures that Lola had always been a kind and friendly whale, but they had a hard time believing him.

One day, Dido, a young dolphin, and decided to secretly follow the whale and see if she could understand Lola better. She found out that Lola behaved very strangely. The whale would beat her mouth against the rocks, endanger herself by swimming between the biggest waves and the coast, and go to the sea floor and eat sand.

No one knew it, but Lola had terribly bad teeth because a little food had got trapped in a corner of her mouth. This problem embarrassed Lola so much that she didn't dare to speak to anyone. When Dido figured out the problem she offered to help, but Lola didn't want to bother her with her bad teeth. And she really didn't want anyone else to know. "I don't want them to see my bad teeth!" said Lola.

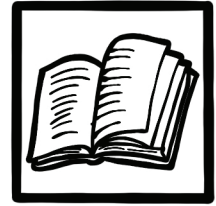
"Is that why you've spent so much time away from everyone?" answered Dido, unable to believe it. "They don't think you've got bad teeth, they think you're unpleasant, boring, and ungrateful, and that you hate everyone. Do you think that's better?"

Lola realized that her pride - her exaggerated shyness, and not letting anyone help - had created an even greater problem. Full of regret, she asked Dido to remove the remains of the food in her mouth.

When this was done, Lola began speaking to everyone again. However, she had to make a big effort to be accepted again by her friends, but when she chose humility over pride the ocean creatures were quick to understand and welcome her back.

Lola decided that never again would she fail to humbly ask for help when she really needed it.





“ALL TIED UP” OBJECT LESSON

Ask for 3-5 volunteers.

Tie their hands behind their backs using knots that will be very difficult for them to undo on their own. Leave one volunteer on stage with their hands free.

Instruct the volunteers that they need to get their hands free within 3 minutes and that there are prizes at the end.

Don't answer any questions about the rules, just say "Ready! Go!"

At the end of 3 minutes say "Stop!"

Hand out prizes to anyone who asked for help during the 3 minutes.

See discussion questions below.



DISCUSSION QUESTIONS

- What did you think about the “all tied up” game?
- In this game the secret rule was that it was OK to ask for help. In fact, getting help was the only way to earn a prize.
- Did it seem fair that the players were supposed to ask for help? Why? Why not?
- What are some times in daily life when it's hard to ask for help?
- Why is it hard to humble yourself and ask for help?
- Why do people want to be seen as capable and perfect?
- What was Lola the Whale embarrassed about?
- How did she try to deal with her problem?
- How did her behavior affect the opinions of the other ocean creatures?



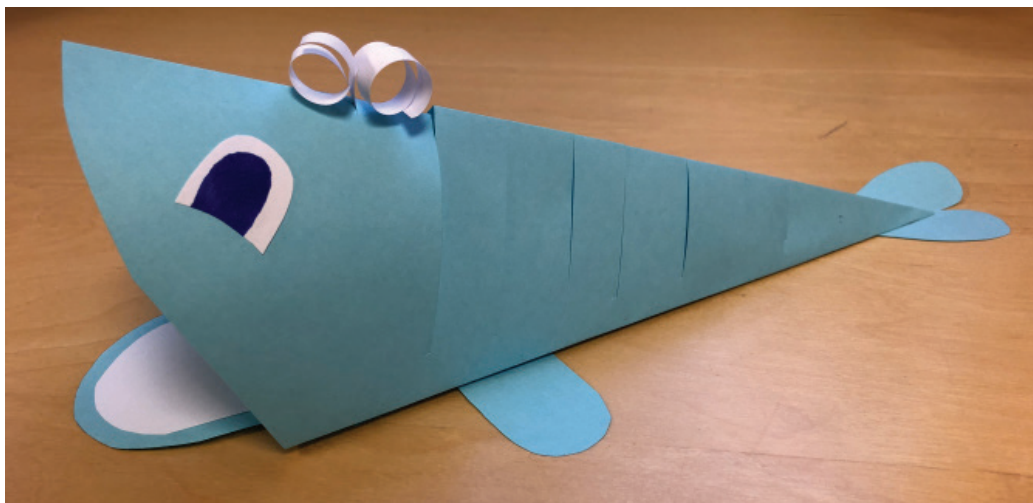
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CRAFT

DESCRIPTION

Make this fun blue whale using simple folds and cuts.

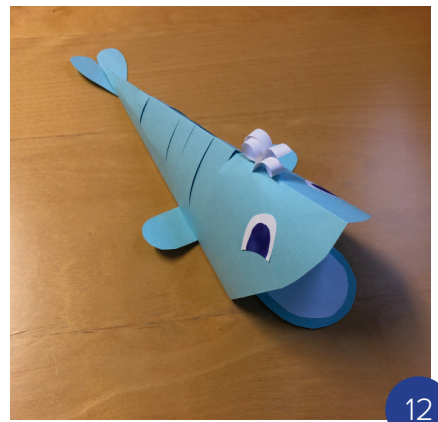
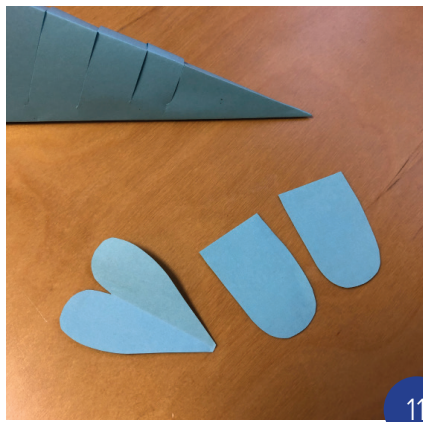
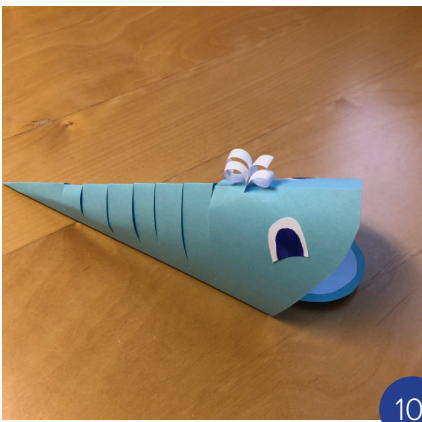
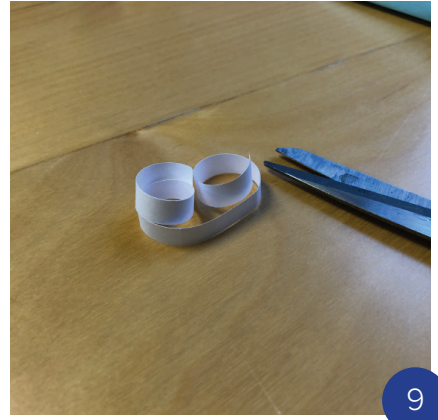
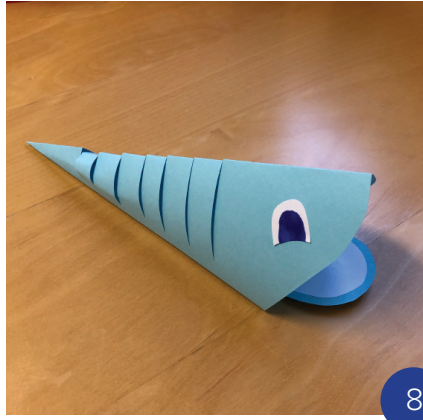
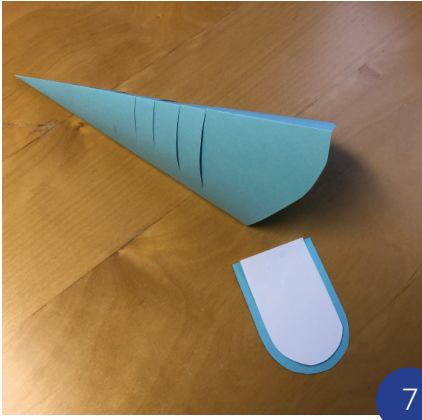
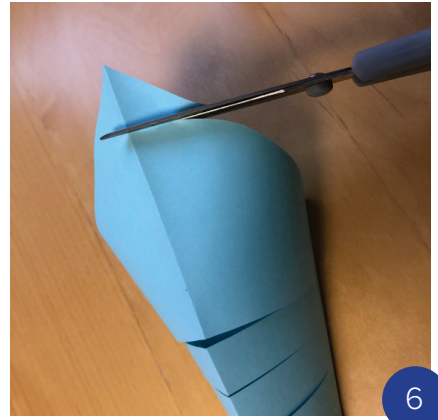
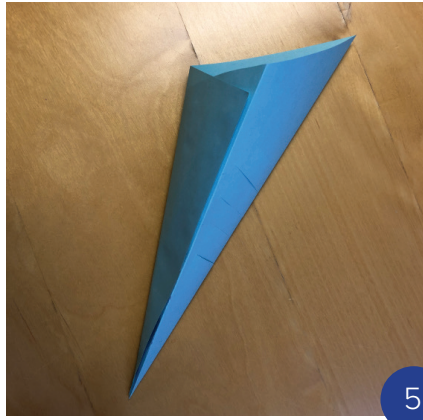
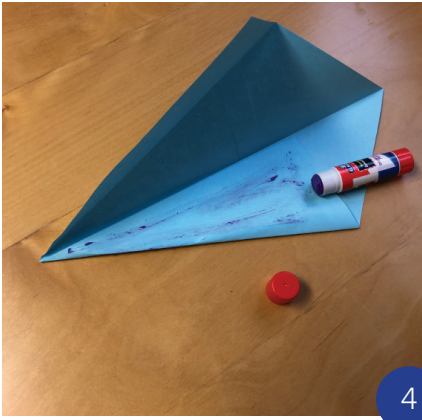
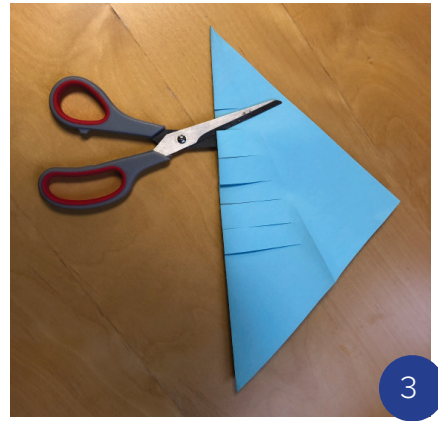
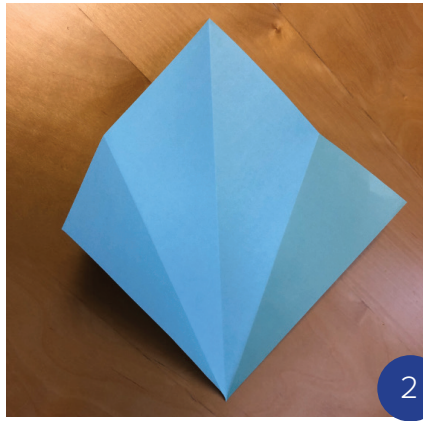
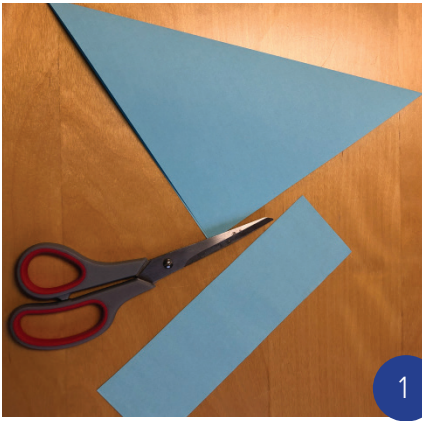


DIRECTIONS

1. Fold paper diagonally and trim the the excess (save).
2. Open the square and fold the two sides to the middle as shown.
3. Fold in the middle and cut slits toward the second folds.
4. Place glue the outer triangle.
5. Overlap the two outer triangles and glue them together.
6. Trim the wide point so that it is rounded.
7. Using some of the extra paper cut a jaw shape. Cut a smaller piece of white paper to make the inner mouth (optional).
8. Cut eye shapes out of white paper and glue them on.
9. Cut a thin piece of white paper (about 1/4 inch) and curl it carefully with the edge of the scissors.
10. Cut a 1/4 inch slit in the top. Fold the white curl in the middle and slide into the slit so it sticks up.
11. Cut two fins and a heart shaped tail.
12. Glue fins and tail as shown..

SIMPLIFIED CRAFT OPTIONS

- Precut the pieces.
- Prefold the pieces.
- Precurl the whale spout.
- Use wiggly eyes.





DESCRIPTION

Enjoy fish themed relays, tosses and tongue twisters.

MERMAID RELAY

This is simply a potato sack type race. Use burlap sacks or pillow cases.

- Divide group into several teams.
- The first player gets into the sack and hops across the field.
- The player runs back and hands the sack to the next player.
- First team to finish wins.

FISH TOSS

- Divide group into teams of 5-7 kids.
- Give each team a blanket (or sheet, cloth et) and a ball.
- One player from each team stands on one end the play area with the ball (fish), they are the tossers. The rest of the teams stand 20-30 feet away holding their blanket horizontally between them.
- The the tossers throw the “fish” to their team mates who must catch it in the blanket.
- Teams who can catch the “fish” the most times within 5 minutes

TONGUE TWISTERS

Fisher Fritz fishes fresh fish, fresh fish fishes fisher Fritz.

Sally sells seashells by the seashore.
 She sells seashells on the seashell shore.
 The seashells she sells are seashore shells,
 She sells seashells by the seashore.
 She hopes she will sell all her seashells soon.

