



# COMMUNICATOR GUIDE

Be Humble / Week 3

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## SERIES OVERVIEW

### SERIES SUMMARY

Is it possible to be humble like Jesus and be confident at the same time? This series encourages middle schoolers to explore what it means to follow the example of Jesus by being brave, being confident, deflating comparison, and to keep growing, all while being humble.

### SERIES BOTTOM LINE

Be confident. Be brave. Be you. Be growing.

### WEEKLY BOTTOM LINES

WEEK 1: Be confident, be humble.

WEEK 2: Be brave, be humble.

WEEK 3: Be you, be humble.

WEEK 4: Be growing, be humble.

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## SCRIPTURE

*And all of you, dress yourselves in humility as you relate to one another, for “God opposes the proud but gives grace to the humble” (1 Peter 5:5b NLT).*

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## NOTES FOR THIS WEEK

### THINK ABOUT THIS

Comparison is a rollercoaster we don't just ride in middle school. It's a cycle of peaks and valleys we have to navigate for the rest of our lives! While this is especially heightened in middle school, it's something your students will be dealing with continually as they grow up. So, this is a great opportunity to plant seeds of truth and form helpful habits that they can lean on to combat comparison now and in the future. With that in mind, it's important to present two big concepts to your students this week. The first is simply that, in humility, they can recognize the way God made them uniquely. And they can choose to let that define who they are rather than all the other things that comparison tells them should speak to their identity. The second is that one of the best cures for comparison is celebration. When they celebrate not just themselves but the way God made others around them, it leaves less room for comparison to creep in and redirect their minds toward harsh and unhelpful thinking about themselves and others.

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## INTERACTIVE 1: PUTTING ON HUMILITY

### OVERVIEW

For this Interactive, you'll bring a volunteer on stage who is wearing a variety of clothing accessories with phrases that keep us in the comparison trap. When prompted, you'll remove these items and eventually replace them with an article of clothing that says, "Humility."

### WHAT YOU'LL NEED

- 4 clothing accessories that can easily be removed and are appropriate to remove in front of students (Ideas: Hat, scarf, gloves, purse/bag, bandana)
- 2 jackets
- 6 large, blank notecards
- A bold marker
- Tape or safety pins
- An adult volunteer

### PREP

1. Select an adult volunteer ahead of time and make sure the clothing accessories and jackets fit them.
2. Write each of these phrases on separate notecards with a bold marker and large lettering: (Students will need to read the words from where they're sitting.)
  - "Not Enough"
  - "Don't Measure Up"
  - "Have Something to Prove"
  - "Not Liked"
  - "Comparison"
  - "Humility"
3. Tape or safety pin a card to each clothing accessory. The "Comparison" and "Humility" cards should be attached to the jackets.
4. Before your talk, dress your volunteer in all the clothing items except for the "Humility" jacket. Let them know that when prompted during your talk, they'll come on stage to complete the Interactive.
5. Put the "Humility" jacket on stage, but out of sight.

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## TEACHING OUTLINE

### INTRODUCTION

- I'm excited to be here with you all for the next week in our series called *Be Humble*. In it, we're talking about how to reflect Jesus' humility and confidence.
- Humility simply means freedom from pridefulness or arrogance.
- Confidence is all about being certain of yourself or something else.
- Humble *and* confident? That's exactly the kind of person I want to be, but it's not always who I am.
- *[Tell a story from your own life about a time (preferably in middle school) when you let comparison drive you to make a decision.]*

### TENSION

- We've all let our pridefulness win at times.
- We've all scrambled to make ourselves seem better when we feel like we don't measure up. *[Give relevant examples.]*
- We all do it! But have you ever wondered why?
- I think the answer is simple: comparison.
- Comparison gives us this constant desire to see how and where we measure up. It leaves us asking other questions, too. *[List relevant questions.]*
- Sometimes, comparison leaves us feeling worse about ourselves. If we don't measure up, our self-confidence takes a big hit.
- Other times, comparison leaves us feeling better about ourselves. It gives us a sense of satisfaction that we feel better than others in some way.
- But at the end of the day, it never takes us anywhere.
- There is no win in comparison.
- What if we could live our lives in such a way that we avoided the urge to compare ourselves to others?
- What if we could choose the way of Jesus—the way of humility and confidence?

## TRUTH

- Today we're going to look at a verse from a letter by a guy named Peter.
- Peter was one of Jesus' closest friends, and after Jesus' death and resurrection, Peter played a huge role in encouraging people to live the way Jesus called them to live.
- In the letter we'll look at today, Peter was encouraging leaders to serve and lead people the way Jesus did: with humility and confidence.
  - *And all of you, dress yourselves in humility as you relate to one another, for "God opposes the proud but gives grace to the humble" (1 Peter 5:5b NLT).*
- Peter was telling us to dress in, or put on, humility—to choose humility in how we see ourselves, how we carry ourselves, and how we compare ourselves to other people.
- Because, as Peter put it, God gives grace to the humble.
- *[INTERACTIVE: Putting on Humility: This is where you'll bring a volunteer on stage who is wearing a variety of clothing accessories with phrases that keep us in the comparison trap. When prompted, you'll remove these items and eventually replace them with an article of clothing that says, "Humility."]*
- When we take off comparison and put on humility, we're disrupting the cycle of comparison.
- Then, we get to choose to be confident in who we really are and what we're really made for.
- Be you, be humble.
- God's grace will help us choose to do that every single day.
- Dressing in humility doesn't mean we make ourselves smaller, or quieter, or different. It simply means we choose to find our confidence and worth in the right place: in God!
- We don't need to compare because in God's eyes, we always measure up.
- So remember: Be you, be humble.

## APPLICATION

- Here are a few ways you can start:
  1. Choose to resist comparison.
  2. Celebrate yourself.
  3. Look for opportunities to build others up.
  4. Find someone who does this well.

## LANDING

- Remember, God wants you to be you, be humble.
- And honestly, your Small Group is a great place to start! You can encourage each other to stay out of comparison and choose confidence in who you are instead.
- How am I tempted to compare myself to others?

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## TEACHING SLIDES

All bolded words and phrases in the Teaching Script are also provided as teaching slides for Premium Tier subscribers.

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# TEACHING SCRIPT

## Be Humble / Week 3

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### BOTTOM LINE

BE YOU, BE HUMBLE

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### INTRODUCTION

1 ½ MINUTES

Hey! My name is \_\_\_\_\_, and I'm excited to be here with you all for the next week in our series called *Be Humble*. In it, we're talking about how to reflect Jesus' humility and confidence.

As a reminder, **humility simply means freedom from pridefulness or arrogance**. So, people who have humility are people who don't show off, don't act like they're the best, don't talk down to other people, and generally aren't out here acting like they're the greatest in the league.

And **confidence is all about being certain of yourself or something else**. When you're confident in your skills, yourself, your faith, your friends—you're sure of who you are.

Humble *and* confident? I don't know about you, but that's exactly the kind of person I want to be! But if I'm honest, it's not always the kind of person I have been.

### TELL A PERSONAL STORY

*Tell a story from your own life that illustrates the following thoughts or ideas . . .*

- Talk about a time (preferably in middle school) when you let comparison drive you to make a decision.
- Try to keep it light and phase appropriate.
- A sample story is included below.

*When I was in 8th grade, I played on a travel baseball team with some guys who were way bigger and way better than me. It's always a weird season when you can have a kid who's under five feet playing against a kid who's already well over six feet! My giant teammates got all the playing time, hit the home runs, and pitched in our biggest games. It was tough having to watch them, especially since I never felt that I could be like them. They could throw harder, hit farther, and run faster. And I was left on the bench just hoping I would get in the game. I tried my hardest to be a good friend and teammate. I cheered them on and was the first to congratulate them after they made a good play or hit a home run. But eventually, I couldn't do it anymore. I found myself constantly trying to tear them down. I'd secretly like it when they made a mistake or had a bad game. I didn't even care if we won or lost. The only thing I really cared about was how I didn't seem to measure up against my teammates.*

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## TENSION

2 MINUTES

Now, it may not be *[example from your personal story]* for you, but we've all been there, right? We've all let our pridefulness win at times. We've all felt the desire to be better than other people. And we've all scrambled to make ourselves seem better when we feel like we don't measure up.

Maybe we've . . .

- Made jokes about something our friend told us in private to embarrass them.
- Spread a rumor at someone else's expense so everybody stops talking about us.
- Posted something hurtful in the comments section to get back at the person who hurt us.
- Celebrated someone else's failure as our win.

See? We all do it! But have you ever wondered why?

Why do we feel the need to look like we're better than other people?

Why do we tear people down or talk badly about them?

Why are we tempted to do whatever it takes just to build ourselves up?

I think the answer is simple: **comparison**.

Comparison gives us this constant desire to see how and where we measure up. It leaves us asking other questions, like:

- Am I better than them?
- Am I smarter than them?
- Am I funnier?
- More popular?
- More likable?

Sometimes, comparison leaves us feeling worse about ourselves. If we don't measure up, our self-confidence takes a big hit. Other times, comparison leaves us feeling better about ourselves. It gives us a sense of satisfaction that we feel better than others in some way. But at the end of the day, it never takes us anywhere. Sure, we might take pride in the fact that we feel like a better ball player, a better student, a better friend than others for a while. But eventually, someone else will come along who we just can't compare to. And then? Well, the cycle starts all over again. **There is no win in comparison.** None.

What if there was a better way? What if we could live our lives in such a way that we avoided the urge to compare ourselves to others? What if we could keep our own pridefulness from driving our decisions? What if we could choose the way of Jesus—the way of humility and confidence?

Like I said, that definitely sounds more like the person I want to be.

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## TRUTH

4 MINUTES

Today we're going to look at a verse from a letter by a guy named Peter. Peter was one of Jesus' closest friends. He followed Jesus the entire time Jesus did ministry on Earth, so I'd imagine that Peter really knew what he was talking about when he wrote this letter.

After Jesus' death and resurrection, Peter played a huge role in encouraging people to live the way Jesus called them to live. Often, Peter did that by writing letters. In the one we'll look at today, Peter was encouraging leaders to serve and lead people the way Jesus did: with humility and confidence.

This is what he wrote:

***And all of you, dress yourselves in humility as you relate to one another, for "God opposes the proud but gives grace to the humble" (1 Peter 5:5b NLT).***

I don't think Peter was trying to speak about fashion here. He wasn't talking about what you put on literally; he was talking about the attitude you choose every single day. Peter was telling us to dress in, or put on, humility. To choose humility in how we see ourselves, how we carry ourselves, and how we compare ourselves to other people. And in choosing humility, we're choosing the way of Jesus.

Because, as Peter put it, God gives grace to the humble.

### **INTERACTIVE: Putting on Humility**

*This is where you'll bring a volunteer on stage who is wearing a variety of clothing accessories with phrases that keep us in the comparison trap. When prompted, you'll remove these items and eventually replace them with an article of clothing that says, "Humility."*

See, when we choose to put on humility, that means we have to take off something else. We have to take off all the things that keep us in the comparison trap.

We have to take off things that tell us we . . .

Aren't enough. *[Remove the corresponding accessory.]*

Don't measure up. *[Remove the corresponding accessory.]*

Have something to prove. *[Remove the corresponding accessory.]*

Aren't liked. *[Remove the corresponding accessory.]*

We have to take off comparison *[remove the corresponding jacket]* and put humility on in its place. *[Put on the corresponding jacket.]*

When we do, we're disrupting the cycle of comparison. Then, we get to choose to be confident in who we really are and what we're really made for. We can, like Peter said, dress ourselves in humility.

We can do this:

**Be you, be humble.**

And God's grace will help us choose to do that every single day.

Now, in case you're sitting here thinking, *Does this mean I have to pretend to not to be good at things? Or to feel badly about myself all the time? Or not celebrate my accomplishments?* The answer is absolutely not! Dressing in humility doesn't mean we make ourselves smaller, or quieter, or different. It simply means we choose to find our confidence and worth in the right place: in God, who created you, designed you, cares about you, and says you are loved!

God didn't make you to be like anyone else. God created you just the way you are. And that is certainly something to celebrate and be proud of! In fact, it's why we shouldn't give into the cycle of comparison in the first place. We don't need to compare because in God's eyes, we always measure up.

So remember: **Be you, be humble.**

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## APPLICATION

1 ½ MINUTES

And here are a few ways you can start:

- 1. Choose to resist comparison.** When you feel yourself being pulled to compare, ask God to give you grace. Ask for the help you need to resist comparison and choose confidence and humility instead.
- 2. Celebrate yourself.** There's nothing wrong with taking pride in the way God made you. Choosing humility doesn't mean you can't acknowledge or celebrate all God's done for you. So, as you work on being you and being humble, do that by thanking God for the things you love about who you are and how God made you.
- 3. Look for opportunities to build others up.** Instead of looking at others through the lens of comparison, look at them and ask yourself: *How can I build them up?* In fact, one of the quickest ways to get out of the comparison cycle is to celebrate others instead. So, look for ways to build up the people around you when you feel tempted to compare.
- 4. Find someone who does this well.** Who in your life is authentically and humbly themselves? Who celebrates the way God made them with confidence? Who builds others up? Look for an adult in your life whose example you can turn to when you need help with this. (Hint: Your Small Group Leader might be a great person to look to!)



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## LANDING

1 MINUTE

Remember, God wants you to **be you, be humble.**

And honestly, your Small Group is a great place to start! That way, you don't have to do it alone! You can encourage each other to stay out of comparison and choose confidence in who you are instead. So, I hope you'll open up about that today.

As you head that way, I want you to think about this question:

**How am I tempted to compare myself to others?**



TRANSITION INTO SMALL GROUPS

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