



COMMUNICATOR GUIDE

Be Humble / Week 4

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.

SCRIPTURE

Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. For forty days and forty nights he fasted and became very hungry. During that time the devil came and said to him, "If you are the Son of God, tell these stones to become loaves of bread."

But Jesus told him, "No! The Scriptures say, 'People do not live by bread alone, but by every word that comes from the mouth of God'" (Matthew 4:1-4 NLT).

Then the devil went away, and angels came and took care of Jesus (Matthew 4:11 NLT).

NOTES FOR THIS WEEK

THINK ABOUT THIS

As you talk about growth this week, start by making sure it's concrete to your students. We're not talking about physical growth, as in things like height, weight, muscle, and the like. We're talking about personal, spiritual growth—the kind that happens on the inside. For adults, this idea of "personal growth" may be familiar, but for a middle schooler, this might be a new concept. In this phase, it's easy for them to see life as something that happens to them. They have little control and little freedom right now, and that makes believing they can choose to grow in an area of their life a challenge. They also are still developing self-awareness in this phase. So, even if they recognize they have the freedom to pursue growth, they may not be able to identify where they want or need to grow. Avoid the temptation to answer these questions or define these ideas for them as you lead. Instead, create a space that will help them take the first steps toward discovering those things for themselves. After all, that's part of growth, too!

INTERACTIVE 1: NAME THAT CONTRAPTION

OVERVIEW

This is where you'll show your students a variety of old technology to demonstrate how we're now living in a culture of instant gratification that doesn't like to wait for results.

WHAT YOU'LL NEED

- A digital image of a floppy disk, cassette tape player, and old desktop computer
- An audio file of dial-up internet
- A way to display the images and play the audio for your audience

PREP

- Set up the images and audio file in the presentation software of your choice.
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TEACHING OUTLINE

INTRODUCTION

- We're back for the last week of our series, *Be Humble*. It's all about how we can reflect Jesus' humility and confidence in our lives.
- Like we've said, humility simply means freedom from pridefulness or arrogance.
- And confidence is all about being certain of yourself or something else.
- *[INTERACTIVE: Name that Contraption: This is where you'll show your students a variety of old technology to demonstrate how we're now living in a culture of instant gratification that doesn't like waiting for results.]*

TENSION

- Today, we've got the world at our fingertips.
- We have access to everything, it seems, all at once—thanks to smartphones! *[Give relevant examples.]*
- Between social media, games, streaming services, and apps, we've basically been trained to think that we can get what we want when we want it.
- We rarely have to wait. And when we do? Well, we're definitely not happy about it.
- We all experience this in other ways in our lives, too. *[Give relevant examples.]*
- Trust me, this isn't just a middle school problem; this is a human problem!
- We all know we have room to grow.
- But if we're honest, even if we know we want to grow, we don't do it because...
 - o Maybe we don't know where or how to start.
 - o Maybe we're afraid we'll fail.
 - o Maybe we don't feel brave enough to do it on our own.
 - o Or maybe we're just too overwhelmed to take on one more thing.
- *[Tell a story from your own life about a time (preferably in middle school) where you identified an area you wanted to grow in but struggled to do it.]*
- The reality is growth matters—not just in our lives, but in our faith.
- Growth is necessary if we want to become the person God created us to be.

TRUTH

- Jesus is our best example for how to live in confidence and humility and choose growth.
- Today, we're going to look at an account from Jesus' life that was written down by His friend, Matthew.
- As we jump in here, Jesus was just about to begin His ministry. He'd just been baptized and was led into the wilderness to prepare—to grow in His faith.
- Let's read:
 - *Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. For forty days and forty nights he fasted and became very hungry. During that time the devil came and said to him, "If you are the Son of God, tell these stones to become loaves of bread." But Jesus told him, "No! The Scriptures say, 'People do not live by bread alone, but by every word that comes from the mouth of God'" (Matthew 4:1-4 NLT).*
- There Jesus was out in the wilderness, fasting and praying to prepare for the start of His ministry. And just like that, He was tempted to give up.
- What did Jesus do? He trusted God to provide for Him. And even though it was probably hard, Jesus chose humility.
- Jesus was tempted again and again to do different things that would prove He didn't trust God. And each time, Jesus didn't give in.
- After all that, you know what happened? This:
 - *Then the devil went away, and angels came and took care of Jesus (Matthew 4:11 NLT).*
- Jesus wasn't in it alone; they were there to help Him every step of the way.
- Clearly, if He'd wanted to, Jesus could've done everything in His power to do what the devil was tempting Him to do.
- Instead, Jesus chose humility. He chose confidence in God. He chose growth. Remember, growth takes time. It is a process.
- But humility will help us grow.
- That's where we can start, by remembering this: Be growing, be humble.

APPLICATION

- If you aren't sure how to grow, or where to start, or even what you think about this Jesus stuff, I want you to just commit to giving a few things a try this week to help you grow and be humble.
 - a. Identify where you want to grow.
 - b. Don't take the easy road.
 - c. Ask for help.

LANDING

- Be growing, be humble.
- How do you want to grow in your life right now?

TEACHING SLIDES

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



TEACHING SCRIPT

Be Humble / Week 4

BOTTOM LINE

BE GROWING, BE HUMBLE

INTRODUCTION

2 MINUTES

Hey, everybody! We're back for the last week of our series, *Be Humble*. It's all about how we can reflect Jesus' humility and confidence in our lives.

Like we've said, **humility simply means freedom from pridefulness or arrogance**. And **confidence is all about being certain of yourself or something else**. What's cool is that Jesus modeled both of those for us with the way He lived.

Now, before we really get into it today, I want to start with a game. Who's down?

INTERACTIVE: Name that Contraption

This is where you'll show your students a variety of old technology to demonstrate how we're now living in a culture of instant gratification that doesn't like waiting for results.

I'm going to show you some items, and I want you to tell me what each thing is and what it does. Got it? Let's do this!

1. Floppy Disk

What is this? [Wait for responses.] No, this isn't a "Save" button. This is a floppy disk. It was how people used to save documents and files. It had a max capacity of 1.4MB. To put it in perspective, if you were to take a photo on your phone right now, it would be around 2MB. This floppy disk couldn't even hold one photo now!

2. Cassette Tape Player

Okay, onto the next item! [Display the cassette tape player.] What do you think this is? [Wait for responses.] It's a cassette tape player. Back in the day, you'd have to buy a musician's music on a cassette tape and put it into a cassette player like this one to listen to the music. There was no way to skip songs, put them in a digital playlist, or stream the music.

3. Dial-Up Internet Sound

This next one you just have to listen to. [Play the sound to accompany the image of an old desktop computer.] What was that? [Wait for responses.] This was the internet. More specifically, it was dial-up

internet. You'd have to wait forever just to get a connection. It was super-slow. The best part? You couldn't use the phone while someone was online. It was brutal!

TENSION

3 ½ MINUTES

Things are so different today, right? Forget the old dial-up internet, cassette tape players, or floppy disks. Now, we've got the world at our fingertips. We have access to everything, it seems, all at once—thanks to smartphones!

If you have a question? Google.

Hungry? DoorDash.

Need a ride? Uber.

Bored? YouTube.

Want to laugh? TikTok.

Want to know what your friends are doing? SnapChat.

Trying to binge that show everyone loves? Netflix.

Between social media, games, streaming services, and apps, we've basically been trained to think that we can get what we want when we want it. Patience is a struggle for some of us, right? If you think about it, we rarely have to wait. And when we do? Well, we're definitely not happy about it.

We all experience this in other ways in our lives, too.

We want to do well on our tests, but studying? Nah, that isn't for us.

We want the part in the play, but memorizing lines takes so much time!

We want to be a starter on our team, but training to get that spot is too hard.

We want to be a better friend, but we say we don't have time to invest in the friends we have.

Maybe we want to grow in our faith, but it feels like it will take forever just to figure out where to start.

Hear me when I say this: This isn't a guilt trip. Because trust me, this isn't just a middle school problem; this is a human problem! We all know how we want to change. We all can probably list a million things we'd like to do better. We all know we have potential for more in some areas of our lives.

In other words, **we all know we have room to grow.**

But doing the work? Putting in the effort? Giving it time? Well, that's where things get tricky. Because if we're honest, even if we know we want to grow, we don't do it.

Maybe we don't know where or how to start.

Maybe we're afraid we'll fail.

Maybe we don't feel brave enough to do it on our own.

Or maybe we're just too overwhelmed to take on one more thing.

Like I said, I get it.

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) where you identified an area you wanted to grow in but struggled to do it.
- Maybe it was becoming a better basketball player, or being more patient with your siblings, or improving a grade in a certain subject.
- Focus on the fact that while you recognized you wanted to grow—and maybe even knew the best steps to take—making it happen was much harder than you thought it would be.
- A sample story is included below.

I remember wanting to be a better basketball player in middle school. Honestly, I just wanted to be a basketball player, period. I had never played before. I was athletic, but baseball was my thing. I had no idea where to start. I had never been on a basketball team. I didn't know the right drills to practice. I'd spent all my time focusing on baseball, not basketball. But, somehow, somehow, I worked up the courage to ask my mom to sign me up for the middle school basketball camp. I knew that if I wanted to get better, I would have to step out of my comfort zone and ask for help. I knew that I would have to take the risk of looking like I had no idea what I was doing. It definitely wasn't easy.

So yes, growth is difficult.

Yes, it's hard to get started.

Yes, waiting for progress takes time.

But the reality is growth matters—not just in our lives, but in our faith. Growth is so important. Staying the same doesn't lead to the best version of you. Growth is necessary if we want to become the person God created us to be.

TRUTH

3 MINUTES

Like we said, Jesus is our best example for how to live in confidence and humility. And that means Jesus is also our best example for what it looks like grow! So, when we're not sure where to start, we can always start with Him.

Today, we're going to look at an account from Jesus' life that was written down by His friend, Matthew. Matthew was one of Jesus' disciples, or followers, who recorded his time with Jesus. As we jump in here, Jesus was just about to begin His ministry. He'd just been baptized and was led into the wilderness to prepare—to grow in His faith. However, once He got there, something unexpected happened.

Let's read:

Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. For forty days and forty nights he fasted and became very hungry. During that time the devil came and said to him, "If you are the Son of God, tell these stones to become loaves of bread."

But Jesus told him, "No! The Scriptures say, 'People do not live by bread alone, but by every word that comes from the mouth of God'" (Matthew 4:1-4 NLT).

This sounds crazy, right? There Jesus was out in the wilderness, fasting and praying to prepare for the start of His ministry. And just like that, He was tempted to give up. To eat. To use His power to turn stones into bread so He wasn't hungry.

What did Jesus do? Well, probably not what I would've done. You don't want to see me after missing one meal—let alone starving for 40 days! I probably would've jumped at the chance to eat. But Jesus leaned into growth instead. He trusted God to provide for Him. And even though it was probably hard, Jesus chose humility. He chose to trust. He put His confidence in God and that helped Him grow.

What's wild is this happened not once, not twice, but three times! Jesus was tempted again and again to do different things that would prove He didn't trust God. Things that would prove He didn't have what it took to do all God called Him to do. Things that meant His pride and confidence were in Himself, not in God alone. And each time, Jesus didn't give in. He chose to stand strong, to let God work in Him, to trust that growth was happening in Him each time He turned away from temptation.

After all that, you know what happened? This:

Then the devil went away, and angels came and took care of Jesus (Matthew 4:11 NLT).

Just like that, God's angels showed up to support and care for Jesus. He wasn't in it alone; they were there to help Him every step of the way.

Here's what I think is so interesting about this whole thing. As we see throughout His ministry, Jesus performed so many miracles. He calmed seas, brought people back from the dead, fed 5,000 with a few loaves of bread and fish—Jesus did it all! So clearly, if He'd wanted to, He could've done everything in His power to do what the devil was tempting Him to do. He could've made it all happen just to prove He was who He said He was.

But instead, Jesus chose humility. He chose confidence in God. He chose growth.

Was it easy? Not at all! Remember, growth takes time. It is a process. That's true for all of us—even Jesus! But **humility will help us grow**. That's where we can start, by remembering this:

Be growing, be humble.

APPLICATION

1 ½ MINUTES

We all want to get better. We're all trying to figure out how to get from where we are to where we want to be. And if you aren't sure how to grow, or where to start, or even what you think about this Jesus stuff, I want you to just commit to giving a few things a try this week to help you grow and be humble.

1. **Identify where you want to grow.** Think of just one area of your life where you want to see a little change or growth. Maybe it's in your faith, or your patience, or your grades, or your relationship with your parent. Whatever it is, start by naming just one area you want to work on growing and changing in your life.

2. **Don't take the easy road.** I know it's tempting to want quick results. But instead of always looking for the easy road, I want you to commit to choosing the path that leads to growth, even when it's difficult. Remember, the best things take time. In a world of getting what you want when you want it, this seems impossible. But when you choose to trust God, the difficult road gets easier and the time it takes to grow isn't as hard.
3. **Ask for help.** Not only do you have God to give you confidence and direction, you have friends, parents or guardians, your Small Group, and your Small Group Leader to encourage and support you as you keep going and keep growing in your life.

LANDING

1 MINUTE

So, remember this:

Be growing, be humble.

When you head to Small Group, I want you to think about your answer to this question:

How do you want to grow in your life right now?



TRANSITION INTO SMALL GROUPS
