

faith at home

Weekly Resources for Collective Worship, Spiritual
Development and Pastoral Care

PHASE: PRIMARY

**WEEK 4 THEME:
HUMILITY**



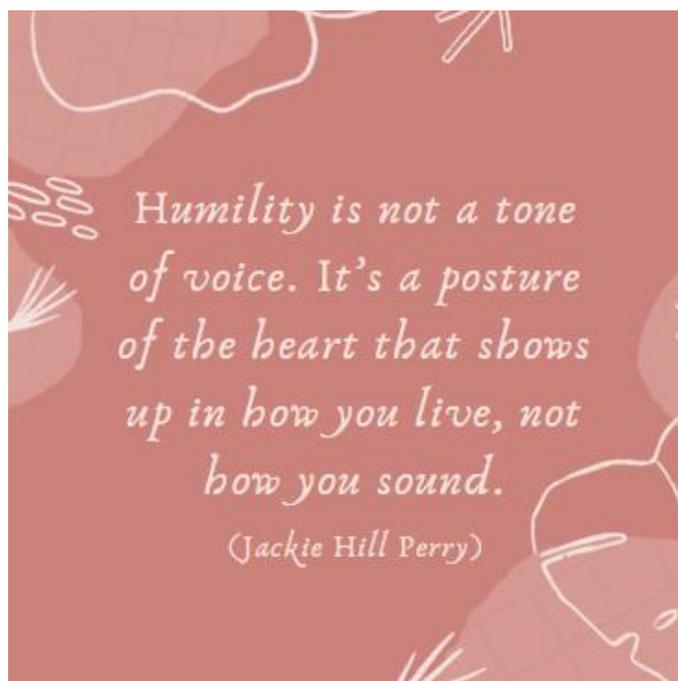


KEY CONCEPT/MESSAGE:

We live in a world where some people say: “look at me, look at me”, chasing after fame and wanting to be noticed. Yet the real heroes (as we have seen over the last few weeks) are the everyday people who care and think of others. Many Christians across the world believe that Jesus is a ‘Servant King’ – one who both *showcased* and *valued* humility, calling others to follow his example, too. Being humble means having a realistic picture of ourselves – to be mindful of the times we do amazing things (wow!), the times we fail (ow!) - and seeks to **build others up**, rather than looking for fame or recognition.

BIBLE STORY OF THE WEEK:

The Parable of the Pharisee and the Tax Collector (Luke 18: 9-14)
‘For those who make themselves great will be humbled, and those who humble themselves will be made great’ (Luke 18: 14)



TO CONSIDER AS YOU PREPARE

KEY QUOTE OF THE WEEK:

'The world tells us to seek success, power and money; God tells us to seek humility, service and love.' (Pope Francis)

LISTEN: The first two songs explore a Christian understanding of humility. Both focus on the belief that Jesus lived as 'a servant King', and how he calls others to follow his example of service and humility.

'From Heaven You Came (The Servant King)' by Graham Kendrick - <https://www.youtube.com/watch?v=8rh4xEvMVQQ>.

'Humble King' by Brenton Brown - https://www.youtube.com/watch?v=YV_3l6Ng5IA

'Fix You/ Bridge Over Troubled Water' sung by the NHS Choir – two beautiful songs about thinking of others, interwoven and sung by everyday heroes: <https://www.youtube.com/watch?v=T8qHXIShfUQ>

WATCH: Carl Sagan's Pale Blue Dot: <https://www.youtube.com/watch?v=GO5FwsblpT8>

Sometimes we just need to be full of wonder, to see ourselves as small in a vast and beautiful world and universe – so take time to be small – but special because we are part of it all! Humility is a looking outwards with wonder and awe at the gift of everything that isn't 'me'. Take time to consider how special and wonderful we all are, and yet so tiny!

WATCH:

The sportsmanship of Grigor Dimitrov, helping an injured competitor: <https://www.youtube.com/watch?v=Sd0EEHTJFgc>

THINK:



Do we sometimes like to show off? Do we like to be the centre of attention? Do we like to show that we are better than others?

I wonder how we might acknowledge our imperfections this week? I wonder how we might build others up this week, putting them before ourselves?

PRAY: Loving God, you know we are not perfect. You see our mistakes and you know our thoughts and you know how great we sometimes want to be. Help us to change our perspective so that we take our eyes off the wonder of ourselves, looking at the wonder of others instead. Help us to see greatness in everyone, seeing your life within each person we meet. Amen.

I. COLLECTIVE WORSHIP - *Invitational, Inclusive, Inspiring.*

GATHER:

Time to find the special place, the place to be quiet and still.

Can you find a shoe in your home – one that's been well-used, perhaps a bit smelly?

Hold it and ask yourself, how has it been damaged or scuffed as it's been used? What it's made of, who might have made it? In what ways is this special? Can you find anything beautiful or amazing about how it's been made, or the experiences it's been through?

Today we are going to use this shoe, and others, to learn more about humility – being humble.

Humility is a difficult word to understand. But it's a wonderful quality! If you have humility you can really listen to people, and you can see the good in everyone – and you can accept that you are not perfect!

ENGAGE:

In today's Bible story, Jesus speaks about two kinds of people. Let's read the story together:

<https://www.biblegateway.com/passage/?search=Luke+18%3A9-14&version=GNT>

Now watch the story one of these videos – or both, as they are both good in different ways.

<https://www.youtube.com/watch?v=Ufe6zouTq8g> or

<https://www.youtube.com/watch?v=kLCSVjHKQjk>

Did you notice...?

- What the Pharisee does to show how 'good' he thinks he is?
- What the tax-collector does to show that he knows he is not perfect – that he has done things that are wrong?
- Who Jesus says is 'right with God' that day?

How do you think the tax collector would feel on hearing this? What about the Pharisee?

The Pharisee liked to draw attention to himself. 'Look at me! Look how amazing I am! Look how I am so much better than others around me!' In order to **build himself up**, he **put others down**. This is the opposite of what humility is. Humility, or being humble, is about putting others first and knowing that you are not perfect. In this Bible story, Jesus mentioned that it was the tax collector that God was most pleased with... the tax collector who would be **made great**.



In 2018, tennis player Grigor Dimitrov hit national headlines. The video is here: <https://www.youtube.com/watch?v=Sd0EEHTJFgc>.

I wonder why you think Grigor was praised? How did he show humility? What do you think someone as proud as the Pharisee might have done in this situation?

Can you think of anymore examples of someone **building someone up**, rather than knocking them down?

REFLECT:

‘Never look down on anybody unless you're helping them up.’ Jesse Jackson

Have you had moments in your life where you have boasted, bragged or put others down to make yourself look good?

Have you had times when you've been humble, looking at the wonder of others rather than the wonder of ourselves?

Create a tower of shoes using those you are allowed to in your home. As you do so, think...

...about how you could build others up this week

...how others in your life help to build you up and support you

...how we are not perfect – everyone makes mistakes and can accidentally knock people down. If we say sorry, we can help to rebuild relationships.

SEND OUT:

Have a look at your shoe tower, or the shoe that you started with.

We looked at humility this week. If we have humility, we look for the good in others rather than showing off how brilliant we are.

I wonder how you might build others up and not put others down this week? If you'd like to, ask your family to help with this.

You might also like to say a prayer to God, asking you to help with this.

2. SPIRITUAL DEVELOPMENT

(practical ways to help us explore faith and develop spiritually at home together)

EXPERIENCES that can help us ENCOUNTER:

Consider 'Be completely humble and gentle; be patient, bearing with one another in love.' (Ephesians 4:2)

Make a point of saying thank you to someone every day. Watch what happens to others, and to yourself, when you show gratitude.

Create a Jar of Humility. Every day write on a piece of paper saying how someone has helped you – it can even be help with the most thankless of tasks. Fold up the paper and place in a jar. After 7 days, empty out the jar and read all 7 examples. Reflect on what these mean to you; you might like to say your own private prayer to God, giving thanks for the special people who have helped you this week.

Write an acrostic prayer about Humility, perhaps in your reflection journal. This could mention what humility is and isn't, perhaps including some examples. Read it to yourself – or to someone in your house.

Use the **EXAMEN** prayer to reflect on humility. It has 5 steps, so you might like to count them on your fingers.

1. GIVE THANKS for the things you noticed other people doing today
2. ASK FOR HELP with thinking of others more before yourself
3. REFLECT on your day and think about the things you have done which have helped others 😊, and the times you may have focused on yourself too much 😞
4. SAY SORRY for the times you may have been selfish, boastful or proud
5. DECIDE how you will build up other people tomorrow

ACTIVITIES that can help develop PRACTICES-HABITS:

Developing Humility at home

Humility can be tricky characteristic to develop mainly because we have to recognise that *we are not always right and we don't always have the answers!* It also requires us to accept ourselves as we are – imperfect. Some of us find this really challenging. Try these three suggestions to help explore humility further.

✓ **Spend time listening to others** - A key quality of being humble is to value others and just listen to what they have to say. Spending time listening to others, hearing their feelings and values, enabling them to express themselves, is a very powerful way to start to understand this. I wonder how you can make time to speak with and listen to others this week?

✓ **Be grateful for what you have** – We have so much that we can be grateful for, yet it is easy to forget the good things we already have and focus on wanting things we don't. Take time to stop this week, and remember what you have that you can be grateful for. You might decide to make a list to 'count your blessings'.

✓ **Ask for advice from others** – No matter who we are or how old we are, we can always do and be better! Whatever we are doing, we can ask for advice from others we know. I wonder who you could speak to this week to get their advice on something? Remember to say thank you after!

Reference: <https://www.skillsyouneed.com/ps/humility.html>

CONVERSATIONS STARTERS that can help develop RELATIONSHIPS-COMMUNITY:

In the Bible, James 4:10, it says 'humble yourselves before the Lord, and he will lift you up.'



Look at the definition of C. S. Lewis on humility. Can you think of a definition of humility in your own words? What does humility mean to you?

How do you practice humility in your life?

How might humility draw someone closer to God? Closer to others?

How is this definition different from what James in the Bible says?

How can you practice humility in your life this week?

3. PASTORAL CARE - ideas for looking after...

Ourselves & Our staff

- Take time out for yourself. Allow time for private reflection, and prayer.
- Treat yourself with dignity – you **are** wonderful, you **are** enough.
- Listening to music can be an effective stress management tool. It can have a relaxing effect on our bodies and our minds. Here are three pieces of music to help you to relax:

Chopin Prelude no 15. Raindrop - <https://youtu.be/OclMvliWM2I>

Sleepsong - Secret Garden - https://youtu.be/_yQpU_73Dv0

Hymn: Meekness and Majesty - https://youtu.be/Gtt52JEW_Zo

Our families & Our community

Families:

- As a family, spend time to check that everyone is OK.
- Serve a family member by helping with a task.

Community:

It can be a humbling experience to give to others. What can we do to help someone in our school, local or national community? Perhaps...

- Make up a food parcel and deliver it to the doorstep of an elderly, or vulnerable member of the community
- Shop for someone else to save them going to the supermarket
- Phone someone who lives alone – give time to listen



GOING DEEPER/FURTHER RESOURCES

Read the poem 'Humility: The Rare Treasure' by Sonja Hugabouv.

Humility, The Rare Treasure

Willing to overlook,
to the benefit of others.

Silent to support another,
when their need is greater.

Measured in the face of adversity,
even if character shows through.

Giving for the sake of sharing,
finding that ignominy is sacred.

Humility is not the degradation,
but fair objective consideration.

Humility does not argue frivolity,
nor intimidate for pleasure.

Humility comes from personal strength,
the centered heart, and confident soul.

Humility is a reflection of three attributes,
clear mind, honest heart, and wise soul.

Which line stands out for you the most? I wonder why this might be?

Which line would you recommend as the most important line on humility here?

'Humility is a reflection of three attributes, clear mind, honest heart, and wise soul'. Would you add anything to this?

Read the Aesop Fable, *The Hare and the Tortoise*. How is pride and humility seen in this story?

<http://read.gov/aesop/025.html>

Explore more worship resources on The Parable of the Pharisee and the Tax Collector (Luke 18: 9-14)

<https://www.assemblies.org.uk/pri/99/boasting-the-story-of-the-pharisee-and-the-tax-collector>

<https://engageworship.org/ideas/the-pharisee-and-the-tax-collector-interactive-version>

Watch the first Toy Story film. Can you spot Buzz Lightyear's journey from 'proud and boastful' to 'humble'? This clip shows Buzz's ultimate display of this as he 'falls with style' -

<https://www.youtube.com/watch?v=LM6N3naX8ql>