

# Be Humble



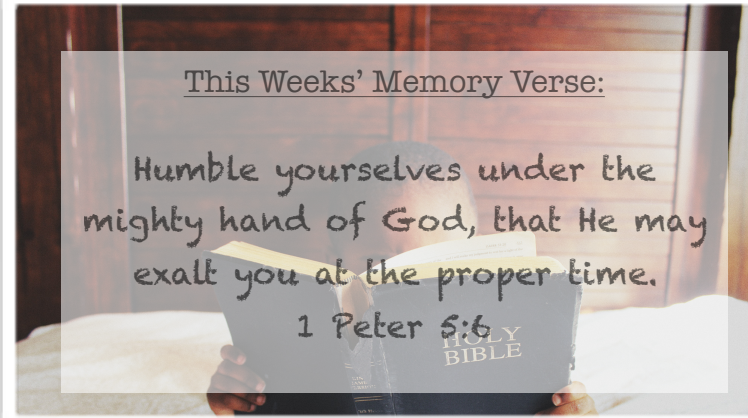
**Kid Skits** - Sunday September 17th we will be hosting a fun afternoon for the kids and families of MVBC. We will have lunch and the kids will get to create skits that are video taped and used later in Sunday services. It's a fun way for the kids to be more apart of the church service and a fun opportunity for the kids and families to get to know each other better. Sunday September 17th 12:30-3. Donations for lunch are appreciated. This is an RSVP event - contact April to get filled in on what to have your child wear, bring, or practice ahead of time. RSVP by September 10th in person or via email [motlmusings@gmail.com](mailto:motlmusings@gmail.com).



**Fall Follies: Wonderfully Made!** - For our family night service we are hosting a fun family event sharing the skills and abilities the Lord has given us. So polish up your talents and be ready to share how you use this gift to honor the Lord or how using it draws you closer to Him (ex: music and worship could draw you into His presence and also be a way you share Him with others.) Sign-up to share your talent by October 22nd. Questions? Ask April.



**Kids in Service** - In January we are prayerfully starting something new here @ MVBC we hope everyone will enjoy! Every other month we will take a Sunday to invite the school-aged children to participate in serving through greeting, worship leading, technical support, and cleaning up. If you are interested in participating, please contact April or Eric for more information.



hu·mil·i·ty (h)yōō'milədē/

**What is Humility?** *noun: freedom from pride and arrogance.*

*Good stuff about humility:*

- A state of mind that pleases God (1 Peter 3:4)
- A way to preserve peace in our soul (Ps 69:32-33)
- Helps us grow patience in hard times (Job 1:22)
- A way to be sure we will get grace for our circumstances (1 Peter 5:5)
- Christ gave us the ultimate example of living a life of humility and we are called to share in His example (Philippians 2:6-8)

## MVBC kids & Families



### Memory Verse Challenge

Each week memory verses will be given from the sermon. Parents can practice with their students and, starting in October, the 2nd Sunday of the month will be "Challenge Sunday." Points and prizes will be awarded for memorization!

KID SKITS

September 17th

CHALLENGE  
SUNDAY

October 8th

FALL FOLLIES

October 29th

Details  
on the  
back!

... all of you, clothe yourselves with humility toward one another, for God is opposed to the proud, but gives grace to the humble. Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety on Him, because He cares for you. 1 Peter 5:5-7

**Bible Text Activity**

1. Circle the words that seem important to you.
2. Do you know what each of those words mean? If not, ask your parent, Pastor Eric or one of the elders, they are happy to answer questions!
3. What words are action words - which ones tell us what to do? Circle those.
4. The Bible tells us about God. Two attributes of God are described in this passage. Can you underline them? (Hint, the first one has to do with a heart condition that God doesn't like and one He does like; and the second thing about God is in the very last part of the verse. It's one of my favorites!)
5. This Bible passage tells us that God cares about us, He cares specifically about YOU! What is something that has been a worry on your mind? Write a prayer giving that worry over to the Lord's care, trusting that He sees you, cares about you, and is able to take care of you.

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God tells us to “clothe” ourselves with humility. Like putting on a pair of shoes or a coat, we can choose actions, thoughts, and feelings that are humble. If each piece of clothes was a thought or action, which ones would be “humble” clothes? Color in/circle the clothes that represent what a person clothed in humility might wear.





## Pray for Me

Pray this week's memory verse over your child:

*Lord, please help*

*to begin learning humility  
so they can tuck  
themselves under Your*

*hand and experience a life lifted up by You. Lord, help me to be an example of humility, obedience, and patience to them. Grace our family with a growing spirit of humility in our home. Thank You Lord that You will complete the good work You have started in my children and family.*

*Humble yourselves  
under the mighty hand of God,  
that He may exalt you at the proper time.  
1 Peter 5:6*

Kid Skits - 9.17  
Memory Verse Challenge - 10.8  
Fall Follies - 10.29

## Family Discussion Questions

Use these questions and Bible verse as a springboard for family conversation & Bible study.



1. C.S. Lewis said that humility wasn't about thinking less of yourself, but rather thinking of yourself less. Talk about humility, what it means, what it feels like, and what it does/can do in your relationships and family.
2. Look up the following verses together and talk about God's heart for humility:
  - Proverbs 18:12
  - Leviticus 16:31
  - Matthew 11:29
  - Philippians 2:3
  - Colossians 3:12-13
  - James 1:9 & 1:21
3. How can humility help with struggles like worry or anger? What do trust and humility have to do with the way we handle worries? (Psalm 57:2 & 138:8, Isaiah 26:3)
4. What does humility have to do with worship and being thankful? (Psalm 95:6, Isaiah 25:1-2)
5. Ultimately, humility is about lifting up the Lord's ways over our own. When life feels hard, many times humility is the answer. When we have been hurt, instead of taking things into our own hands, we can exercise humility by putting them in God's hands through forgiveness. When we are stressed because we have too much to do, we can look over our priorities, realign them with the values we see in Scripture and then trust that as we place our worries in God's hands He will take care of us. How is the Lord calling you to exercise humility with something or someone in your life right now?