



Important Directions for Parents:

Below are the lesson notes and activities used by the teachers during the “Small Group” session of Kids Club. In your home, during this Covid-19 down time, you could adapt these activities to provide your children with additional, interactive things to do to reinforce the “Large Group” lesson materials provided on the webpage. The formatting and page breaks for these pages did not translate so well from their original electronic file, but you should be able to see how it works.

If you’d have questions, feel free to reach out. May the Lord guide your teaching. *Dr. Nelson*

LESSON: JESUS IS SELFLESS

Leader Guide for Grades 3-6

Philippians 2:1-11

05/17/2020

Teachers Dig In

Dig In to the Bible

- Read: Philippians 2:1-11
- In This Passage: In a letter to the church in Philippi, Paul advises the people to have a selfless attitude like Jesus. That means thinking of others as better than ourselves and looking out for the interests of others. Jesus was selfless when he came from heaven to earth and died for us.
- Bible Point: Jesus is selfless...
- Application: ...so we're selfless.
- Summary Verse: “A final word: Be strong in the Lord and in his mighty power” (Ephesians 6:10).

Dig Deeper

- You'll Be Teaching: *Jesus is selfless.* It's natural for people to be self-centered. That's especially true for kids! However, Jesus showed us a better way. He gave up his divine privileges and the glory of heaven so he could come to earth and die for us. That's the ultimate selfless act! Encourage kids to appreciate the selfless gift Jesus gave them and to reflect his selfless heart in how they live.
- Think About: What's the most selfless thing another person has ever done for you? How does that help you see Jesus' heart?

Dig In to Prayer

- Ask God to give you a selfless heart and elevate your kids above yourself.

Quick Tip

- Showing genuine humility is one of four radical ways to change the culture of your church...and it can impact the way you talk to kids. “Would you want to be invited to someone’s home only to have the host tell you that everything you think and do is wrong? We all have flaws and misdirected beliefs. We’re all sinners. But most of us don’t respond well when we’re impugned rather than loved. Instead, recognize that we’re all in this together. You’re on a journey full of flaws and mistakes, just as much as the kids are, so be honest with them and approach them with love more than criticism.” (Read the book this quote came from, *Why Nobody Wants to Go to Church Anymore*. You can order it [here](#).)

This Lesson at a Glance



HIGH-ENERGY GAME

Kids race to restack cups.

Supplies

- 12-ounce plastic cups of 1 color (20 for every 3 kids)
- 12-ounce plastic cups of a different color (1 for every 3 kids)
- upbeat music (optional)
- music player (optional)

Easy Prep

- For every 3 people, make a stack of 20 same-colored cups.
- Set the stacks right-side up, and nest 1 cup of a different color inside the cup at the top of each stack.



OBJECT LESSON

Kids blow on strips of paper.

Supplies

- Bible
- paper (1 half-sheet per child)
- tissue paper
- scissors (1 per child)
- rulers
- markers
-



LIFE APPLICATION WRAP-UP

Kids pray for each other.

Supplies

- paper
- markers

**Marked supplies can be reused from Core Bible Discovery*

Let's keep kids safe! You can help by using supplies as instructed for only ages 3+, purchasing child-safe items, and being aware of allergy concerns.



HIGH-ENERGY GAME

[10 min]

From Top to Bottom

Supplies

- 12-ounce plastic cups of 1 color (20 for every 3 kids)
- 12-ounce plastic cups of a different color (1 for every 3 kids)
- upbeat music (optional)
- music player (optional)

Easy Prep

- For every 3 people, make a stack of 20 same-colored cups.
- Set the stacks right-side up, and nest 1 cup of a different color inside the cup at the top of each stack.

Tip

- If you used the Music Video block, consider repeating the songs from today's lesson during the game. You can find the downloadable album [here](#).

Race to Restack Cups

Say: **Today we're learning an important part of what makes Jesus so special—Jesus is selfless. Let's dig in to what it means to be selfless with a game where you'll race to go from top to bottom.**

- Form teams of three, and give each team a stack of cups.
- Have teams each place their stack of cups in front of a wall and then stand in a line together about 10 feet across from their stack.
- Help the teams adjust their distance so all the teams are an equal distance away from the cups.

- At your cue, teammates will take turns running to their stack of cups, moving one cup from the bottom of the stack to the top, and then running back to their team to tag the next person.
- This way, one cup at a time, the odd-colored cup in each stack will gradually move to the bottom of the stack.
- Teams can race to see who can get the odd-colored cup to the bottom of their stack first.
- If you'd like, play upbeat music while kids play as many rounds as time allows.

Talk About It

Ask: • **What made this game different from most games?**

Say: **In a lot of games it's a race to the top or a race to be the best. But this game was upside down; it was a race to the bottom. Jesus deserves a place at the top, but he lowered himself to show his amazing love and care. Jesus turns things upside down from what we're used to by being selfless instead of self-serving.**

Ask: • **What are some ways you're sometimes self-serving?**

• **How could Jesus help you turn that upside down?** Share an example of your own, such as praising a teammate's effort instead of highlighting your own or letting a friend or family member get the bigger portion of a special treat.

Say: **Jesus is selfless, and when we spend time talking with Jesus and getting to know him better, he'll help us see ways we can be selfless.**



OBJECT LESSON

[10 min]

He Will Raise You Up

Supplies

- Bible
- paper (1 half-sheet per child)
- tissue paper
- scissors (1 per child)
- rulers
- markers

Blow on a Paper Strip

Say: **Jesus is selfless. When we're selfless, it's like we lower ourselves.**

Let's see what happens when we lower a piece of paper.

- Give each child a half-sheet of paper and scissors.
- Have each child cut a strip of paper that's approximately 2x6 inches.
- Have kids hold one end of the paper just under their mouth and blow down and across the paper, as if trying to lower it to their chin.



Experiment with Paper

Ask: What did you observe? What happened when you tried to lower the paper?

Say: Blowing down onto the paper actually lifted it up! The speed of our air makes the pressure on the top of the paper go away. But there's still air pressure underneath the paper, so it lifts up! This is called *Bernoulli's principle*, and it's how airplane wings help airplanes fly. Let's experiment with this principle some more!

- Make tissue paper available to kids.
- Have kids cut strips of regular paper or tissue paper with different lengths and widths and guess which one will lift the highest.
- Let kids experiment for several minutes to test their hypotheses.

Talk About It

Ask: • How does this experiment remind you of Jesus selflessly humbling himself and coming to earth to die for us?

Say: Philippians 2 says that Jesus humbled himself when he came to earth as a human. Verse 9 says, "Therefore, God elevated him to the place of highest honor and gave him the name above all other names." Jesus is selfless, so we're selfless. When we're friends with Jesus, we follow his example and we lower ourselves, too, trusting that God will lift us up. Have kids choose one of their paper strips to draw on.

Ask: • Tell about a time being selfless lifted you up and made you feel good. But first, draw your answer on one of your paper strips. Share an example from your own life to begin. Perhaps you gave money to help someone in need, or you offered to let your friend borrow something of yours and it made you happy that he or she enjoyed it. Give kids about two minutes to draw, and then ask for some to share their answers.

Say: Jesus is selfless. We can be selfless, too, and trust that God will lift us up! Invite all the kids to blow on the strips that they drew on one last time.



LIFE APPLICATION WRAP-UP

See the Need

[5 min]

Supplies

- paper
- markers

Write and Pray

- Give each child a piece of paper and a marker.
- Have kids use big letters to write one or two words that describe something they need prayer for. For example, “aunt – cancer” or “math test.”
- Have kids sit in a circle and hold their signs in front of them.

Say: **Jesus is selfless, so we’re selfless.** We’re going to practice looking at other people and seeing their needs. It will be easy, since they’re holding signs with their needs! Take a moment to look around the circle. Pick someone to pray silently for, but don’t say who you pick. Just pray for that person. When you finish, look around and pray for someone else! Allow about two minutes for silent prayer.

Wrap Up

Pray: **Jesus, thank you for showing us how to be selfless** by putting *us* first! Help us be selfless this week. In your name, amen.

Thank kids for coming, and encourage them to come back next week.