

# Choosing Humility

## Lesson 7

Unit Two: Self-Esteem

Scripture: 1 Peter 5:5, 6; Proverbs 16:18, 19

Life Focus: God wants us to be humble, not proud.



### Today's Challenge

*How can we have healthy self-esteem but not be filled with pride? Participate in these activities and learn how humility is part of self-esteem.*

#### Step 1

##### Setting the Stage

*Describe how arrogant people behave.*

#### Step 2

##### Searching the Word

*Contrast pride and humility.*

#### Step 3

##### Making It Real

*Illustrate pride and humility with specific, present-day situations.*

#### Step 4

##### Living It Out

*Look for ways to increase your humility.*

### Impossibly Proud

It is said that 80 percent of Americans consider themselves to be above-average drivers. (Do the math!) Similarly, several years ago a study showed that American students scored far lower than their peers in many other countries when tested for their knowledge of math and science. Yet when responding to the statement "I am good at math and science," a much higher percentage of American students agreed than did their more competent counterparts!

The fact of the matter is, many of us think more highly of ourselves than the evidence indicates. The Bible helps us distinguish between pride and humility: one is *selfish*; the other, *selfless*.

Continued on next page. ➤

### Hide It in Your Heart

In the same way, you who are younger, submit yourselves to your elders. All of you, clothe yourselves with humility toward one another, because, "God opposes the proud but gives grace to the humble."

—1 Peter 5:5

For a pre-session or take-home activity, lead kids in memorizing this key verse, using the puzzle found on your *Young Teen Resources* CD.

#### 1 Peter 5:5, 6

<sup>5</sup>In the same way, you who are younger, submit yourselves to your elders. All of you, clothe yourselves with humility toward one another, because,

"God opposes the proud  
but shows favor to the humble."

<sup>6</sup>Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.

#### Proverbs 16:18, 19

<sup>18</sup>Pride goes before destruction,  
a haughty spirit before a fall.

<sup>19</sup>Better to be lowly in spirit along with the oppressed  
than to share plunder with the proud.