

Humility

Some of the strongest people in the Bible weren't loud or proud—they were humble. They listened more than they spoke. They served instead of seeking power. And they followed God's voice over their own.

This month, we're focusing on humility—thinking of others before ourselves, and choosing a quiet strength that honors God. Humility doesn't mean being weak or hiding away. It means knowing who we are in Christ and letting Him shine through us.

We'll learn from creation—creatures and landscapes that grow low, live steady, and carry quiet strength—and from Scripture, where the most powerful moments often came through humble hearts. As we study together, we'll see that real greatness begins with surrender.

Character Trait of the Month: Humility

Definition for Children:

Humility means not thinking you're better than others and being willing to listen, learn, and serve—just like Jesus did.

Definition for Parents/Leaders:

Humility is the quiet confidence that puts others before self, seeks God's glory above personal gain, and recognizes our deep need for His grace. It is the foundation of teachability, compassion, and strength under control.

What Humility Looks Like:

- Listening instead of interrupting
- Admitting when you're wrong
- Serving without needing praise
- Letting others go first
- Being thankful and teachable

What Humility Does Not Look Like:

- Bragging or always needing to be right
- Looking down on others
- Refusing to accept help or correction
- Acting proud or better than others
- Needing to win every argument

Memory Verse for the Month:

“God opposes the proud but gives grace to the humble.” — James 4:6 (NLT)

Suggested Printables for This Month:

1. Printable Character Poster: “Humility”
2. Printable Memory Verse Page: James 4:6 – *“God opposes the proud but gives grace to the humble.”*

These pages can be printed at the beginning of the month and displayed on a bulletin board, taped to a mirror or fridge, added to a homeschool binder, or tucked into a journal. They serve as visual reminders of this month's focus—encouraging children to walk in quiet strength and let God shine through a humble heart.

Week 1: The Turtle and Jesus Washing Feet

Humility doesn't need to be seen—it just quietly keeps going. This week, we'll learn from the turtle, a gentle and steady creature who carries his home, doesn't rush, and doesn't try to impress anyone. Then we'll look at Jesus, who did something unthinkable for a king—He got down on His knees and washed His disciples' feet.

Humility may not look like strength on the outside—but it's one of the strongest traits God calls us to live out.

Animal Study: The Turtle

Turtles are quiet, slow, and low to the ground. They don't make noise, don't chase attention, and don't move fast—but they are focused, persistent, and strong in their own way. Their shell is both protection and a picture of how they carry what they need with them.

Turtles teach us that you don't have to be flashy to be faithful. Humility is choosing a lower place—not because you have to, but because you trust God will lift you up in His timing.

Discussion Questions: The Turtle and Humility

1. What do you notice about how turtles live?
2. How is their quietness a kind of strength?
3. Why is slow and steady better than rushing or competing?
4. How can we “carry” humility like a turtle carries its shell?
5. What does it mean to be strong without needing attention?

Bible Story Connection: Jesus Washes the Disciples' Feet

Read John 13:1–17 together.

Just before Jesus went to the cross, He shared one last meal with His disciples. But instead of acting like a king or teacher, He did something unexpected—He knelt down and washed their dirty feet. This was a job usually done by servants, not leaders.

Peter was shocked. He didn't want Jesus to do something so low. But Jesus said, "If I don't wash you, you can't belong to Me." Then He told them, "I've given you an example—go and do the same for others."

Jesus didn't teach humility—He lived it.

Discussion Questions: Jesus Washing Feet

1. Why do you think Jesus chose to wash His disciples' feet?
2. How did the disciples react? Why was it surprising?
3. What does this teach us about leadership and service?
4. When is it hard for you to be humble?
5. What's one way you can quietly serve someone this week?

Journal Prompts:

1. Write about a time you saw someone do something humble and kind.
2. What would it feel like if Jesus knelt down and washed *your* feet?
3. Why is humility more powerful than pride?
4. What can you learn from turtles about quiet strength?
5. Write a prayer asking God to help you serve like Jesus.

Activity Suggestions by Age Group

Elementary:

- Draw a turtle and write “Walk Humbly” across its shell.
- Act out the story of Jesus washing the disciples’ feet with dolls or family members.
- Create a “Secret Servant” game—do a kind act for someone without telling them it was you.

Middle School:

- Write a short story: “The Turtle Who Led Without Saying a Word.”
- Discuss how Jesus showed strength through service.
- Make a “Humility Chart” of quiet ways you can serve at home this week.

High School:

- Reflect on the question: “Would I let someone wash my feet? Would I wash theirs?”
- Research the cultural meaning of foot washing in Bible times and how radical Jesus’ act was.
- Do a hidden act of service for someone this week and journal what it felt like.

Week 2: The Valley and the Parable of the Pharisee and the Tax Collector

In our world, we often praise the people who speak the loudest or stand the tallest. But God sees things differently. He values the heart that chooses the low place—the one who knows they need Him. This week, we'll learn from the quiet beauty of the valley and a parable Jesus told about two very different men—one proud, and one humble.

Real humility doesn't have to prove anything. It simply trusts in God's mercy.

Nature Study: The Valley

Mountains may rise high and catch the eye, but valleys are where the growth happens. In the Bible, valleys were often places of shelter, peace, and provision. They collect water, support crops, and offer refuge from harsh winds. Valleys remind us that the low places aren't weak—they're where life takes root and flourishes.

A valley is quiet, steady, and strong in its own way. It teaches us that we don't need to elevate ourselves to be seen by God. He meets us in the low places with grace.

Discussion Questions: The Valley and Humility

1. What makes the valley different from the mountaintop?
2. Why do you think growth happens more easily in the valley?
3. How can being in a "low" place actually bring strength or peace?
4. What does the valley teach us about waiting, trusting, or listening?
5. What's something in your life that God might be growing quietly?

Bible Story Connection: The Pharisee and the Tax Collector

Read Luke 18:9–14 together.

Jesus told a story about two men who went to pray. One was a Pharisee—a respected religious leader—who prayed proudly, thanking God that he was better than others. The other was a tax collector, a man many people looked down on. But he stood far away, bowed his head, and prayed simply, “God, have mercy on me, a sinner.”

Jesus said it was the tax collector—not the Pharisee—who went home right with God. Why? Because God honors humility, not self-importance.

Discussion Questions: The Parable

1. What was different about the way each man prayed?
2. Why didn't Jesus praise the Pharisee?
3. What does this parable teach us about how God sees the heart?
4. How can we be honest and humble in our own prayers?
5. What's one way you can practice humility this week—especially when you feel tempted to boast?

Journal Prompts:

1. Write about a time you felt proud—how did it affect others?
2. Why do you think God loves a humble heart?
3. What's something you can ask God for help with today?
4. If you were in the valley, what kind of peace or growth would you hope for?
5. Write a prayer asking God to help you stay low, teachable, and full of grace.

Activity Suggestions by Age Group

Elementary:

- Draw a valley full of flowers and write “God meets me in the low places.”
- Act out the story of the Pharisee and the tax collector with simple props.
- Make a “Humble Heart” craft—cut out a heart and write kind, lowly prayers inside.

Middle School:

- Write a reflection titled: “Lessons from the Valley.”
- Create a 2-column chart comparing the Pharisee's and the tax collector's prayers.
- Discuss: What makes humility hard at this age? How can we practice it?

High School:

- Reflect in writing: “When have I tried to make myself look good—rather than just being honest with God?”
- Research how valleys form over time and write a devotional connecting the process to spiritual humility.
- Write a modern version of the parable using current-day characters (e.g., a student and a celebrity, or an athlete and a janitor).

Week 3: The Root System of Trees and Moses' Humility

Humility often grows underground—quiet, hidden, and unseen by others. But like the roots of a tree, it's what holds everything together. This week, we'll explore how tree roots teach us about humble strength, and how Moses—one of the greatest leaders in the Bible—was known not for his power, but for his humility.

The strongest lives are often rooted in surrender.

Nature Study: The Root System of Trees

Roots are one of the most important parts of a tree, but we rarely see them. They anchor the tree in storms, draw water and nutrients from the soil, and connect with other trees underground. Without deep roots, even the tallest tree will fall.

Humility is like that. It isn't flashy. It doesn't demand attention. But it holds up everything else. A person who is deeply rooted in God doesn't have to show off—they stand firm, grow tall, and bless others quietly.

Discussion Questions: Roots and Humility

1. Why don't we usually see the most important part of a tree?
2. How are roots like the quiet parts of our character?
3. What helps you grow "roots" in your faith and your heart?
4. Why is it important to be strong inside, not just outside?
5. What's something you're working on quietly right now?

Bible Story Connection: Moses and His Humble Leadership

Read Numbers 12:1–8 together.

Moses led God's people out of Egypt, through the Red Sea, and toward the Promised Land. He spoke with God like no one else in his time. But Scripture says something powerful about him: *"Moses was very humble—more humble than any other person on earth."* (Numbers 12:3)

When others criticized Moses, he didn't defend himself. He trusted God to speak for him. His quiet strength and gentle spirit made him a faithful leader—not because he was the loudest, but because he was rooted in obedience.

Discussion Questions: Moses' Humility

1. How did Moses respond when others spoke against him?
2. Why do you think God called Moses "very humble"?
3. What does it look like to lead with humility instead of pride?
4. When have you been quiet instead of fighting back—and was it the right choice?
5. How can you grow humility like roots—slow, steady, and strong?

Journal Prompts:

1. Write about someone you know who is quietly strong.
2. What are some “roots” you want to grow in your own life?
3. How does humility help you lead and serve others better?
4. What does it mean to let God defend you instead of proving yourself?
5. Write a prayer asking God to help you grow deeper in humility.

Activity Suggestions by Age Group

Elementary:

- Draw a tree and color the roots underground. Label the roots with words like “Kindness,” “Prayer,” “Listening,” and “Trust.”
- Act out a tree in a storm—then show how strong roots keep it standing!
- Make a “Humble Roots” poster with examples of quiet strength.

Middle School:

- Write a poem or short paragraph called “Grow Low to Grow Strong.”
- Research how trees communicate underground and connect it to how we can encourage each other without needing recognition.
- Create a 2-part drawing: “What people see above” vs. “What’s growing below.”

High School:

- Reflect in writing: “What does it mean to be deeply rooted in God—and how do I grow that way?”
- Write a character sketch of Moses as a humble leader.
- Start a “root journal”—privately track the quiet things you’re working on in your heart, like forgiveness, patience, or prayer.

Week 4: The Donkey and Jesus' Entry into Jerusalem

God often chooses what the world overlooks. This week, we're learning from a simple animal with a powerful role in the Bible—the donkey. When Jesus entered Jerusalem, He didn't ride a war horse or a golden chariot. He rode on a donkey—a sign of peace and humility. That one moment reminds us: the most important things in God's kingdom often come through quiet, willing hearts.

True humility says, "Use me, Lord," no matter how small we feel.

Animal Study: The Donkey

Donkeys are gentle, strong, and sure-footed. They're not flashy like horses, but they're incredibly useful—carrying heavy loads, traveling difficult roads, and staying calm even when things get tough. In Bible times, donkeys were often a sign of peace, not power.

The donkey that carried Jesus into Jerusalem didn't ask for attention. It simply obeyed. That's what humility looks like—being willing to carry Jesus wherever He wants to go.

Discussion Questions: Donkeys and Humility

1. What makes donkeys different from horses?
2. Why do you think Jesus chose a donkey to ride into Jerusalem?
3. What do you learn from the way donkeys serve without needing attention?
4. How can we be willing to carry Jesus in our own lives?
5. What's something small you can do that might matter more than you realize?

Bible Story Connection: Jesus' Triumphal Entry

Read Luke 19:28–40 together.

As Jesus approached Jerusalem, He told His disciples to find a young donkey that had never been ridden. They brought it to Him, placed their cloaks on it, and Jesus rode into the city. Crowds laid down coats and palm branches, shouting "Hosanna!" and praising God.

Even though Jesus was a King, He came in peace. The donkey carried Him—not knowing it was part of the greatest moment in history.

God still uses humble hearts to carry His presence into the world.

Discussion Questions: Jesus' Entry into Jerusalem

1. Why did Jesus ride a donkey instead of something more impressive?
2. How did the people respond to Jesus when He entered the city?
3. What does this story teach us about true greatness?
4. How does humility make room for Jesus to shine through us?
5. What is one way you can "carry" Jesus into your home, school, or neighborhood this week?

Journal Prompts:

1. Write about a time you served quietly without anyone noticing.
2. What do you think it felt like to be the donkey carrying Jesus?
3. How do you want to be used by God—even in small or unseen ways?
4. What's something "ordinary" in your life that God might want to use for something big?
5. Write a prayer asking God to help you be faithful, willing, and humble like the donkey.

Activity Suggestions by Age Group

Elementary:

- Color a picture of Jesus riding the donkey and write "I Can Carry Jesus."
- Act out the story of Palm Sunday with family members and simple props.
- Make a paper donkey craft and write ways to serve God on the saddle.

Middle School:

- Create a comic strip of Jesus entering Jerusalem and the crowd's response.
- Write a journal entry from the point of view of the donkey.
- Make a "Humble and Willing" list—five ways to serve without being asked.

High School:

- Reflect in writing: "If God asked me to do something quiet and simple—would I say yes?"
- Study how humility and leadership go together in the life of Jesus.
- Volunteer for a task this week that is behind-the-scenes, and journal what it taught you.