

# UPSIDE DOWN

JESUS CHANGES EVERYTHING

Parent Cue • K-3 • Week of April 5th



Use this guide to help your family learn how God can help us live with humility. First, watch this video [bit.ly/KidsUpsideDownWeek1](https://bit.ly/KidsUpsideDownWeek1) Then follow up with the activity below!

## MEMORY VERSE

“Don’t do anything only to get ahead. Don’t do it because you are proud. Instead, be humble. Value others more than yourself.”  
Philippians 2:3 (NIV)

## LIFE APP

**HUMILITY:**  
putting others first by giving up what you think you deserve

## BIBLE STORY

Jesus Prays in Gethsemane  
Matthew 26:36-56  
(Luke 22:39-46, supporting)

## BOTTOM LINE

Put others first.



**PARENT  
CUE**

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## ACTIVITY: WAKE UP, DISCIPLES!

### WHAT YOU NEED:

2 index cards or half sheets of paper, a marker

### WHAT YOU DO:

Write “true” on one index card and “false” on the other. Set the cards someplace where everyone can reach them. Get everyone ready to play a game! Ask everyone to pretend to be asleep, like the disciples were in today’s story, as Jesus was praying. Read one of the true/false statements below and then say “Wake up, disciples!” Then everyone “wakes up” and tries to be the first to grab the true or false index card, depending on whether or not the statement you just read is true.

For months the Jewish religious leaders had been plotting to kill Jesus. *(True)*

Jesus’ disciples stayed up all night praying in the garden. *(False; they fell asleep)*

Peter promised Jesus he would never turn away from Him. *(True)*

Jesus prayed all night in the Garden of Eden. *(False; Garden of Gethsemane)*

In the garden, Jesus prayed that God’s plan would come true. *(True)*

After Jesus was arrested, His disciples ran away even though they had promised to never leave Him. *(True)*

When the Jewish leaders came to arrest Jesus, He hid in a grove of trees and prayed they wouldn’t find Him. *(False)*

Jesus prayed for God’s plan to come true even if it meant He had to die. *(True)*

### TALK ABOUT THE BIBLE STORY:

The disciples were supposed to be keeping watch for Jesus. How do you think Jesus felt when they fell asleep? *(Hurt, sad, like His friends weren’t “there for Him”)*

It can be tough for us to put someone else first, because usually we feel like doing what WE want to do. What’s one way we can put each other first even when we don’t feel like it? *(Use this moment to encourage your kid by talking about something good you’ve seen them do this past week. Give an example of how you’ve seen them put someone else first, and encourage them to think of other ways they can continue to do that this week.)*

## PRAYER

Use this prayer as a guide, either after your discussion or right before bed tonight:

“Dear God, right now it feels especially hard to put others first. We need Your help even more to think of someone else’s needs above our own. We know that You hear us when we pray, and You want to help us do hard things like putting others first. Help us be more like Jesus and think of others before we think of ourselves. In Jesus’ name we pray, amen.”

# HUMILITY

PUTTING OTHERS FIRST BY GIVING UP WHAT DO YOU THINK YOU DESERVE

**BOTTOM LINE:** Put others first.

Read Ephesians 4:2

DAY  
1

## You Go First

Practice putting others first this week by letting people go before you. Think of some of the times at school or at home that you can practice putting someone else first. It could be letting your friend go before you in the lunch line or letting your sibling choose the cookie first. Whatever it is, take a step back and let someone go first.

Ask God to help you put others first this week.

DAY  
2

## First Place

Grab some paper and some decorating supplies.

Today, you are going to create a first-place award for someone in your home. Think of someone in your home that always puts your needs first, maybe it's mom or dad. Draw them an amazing certificate that shows them how thankful you are that they put you first. Draw a picture of a time they helped you out! Somewhere on the drawing write **The Putting Others First Award**. When finished give your award to the winner. Thank them for all they do for you.

Thank God that He gave you people that put you first.

DAY  
3

## Putting People First Prayer

When praying, it is nice to pray for everyone else first and yourself last. Think of two people you can pray for today. Say a prayer for them and add yourself to the prayer at the end. Pray something like this:

"Dear God, Thank You so much for (people's names). (Pray something special about each person.) And God, I pray for myself that I can learn to put others first. I love You, God, amen"

Look for ways that you can put others first.

DAY  
4

## Act It Out

Read this week's Bible verse below and use the actions to help you remember!

**Ephesians 4:2 (NIRV)**

**Don't be proud at all.**

(Shake your head back and forth.)

**Be completely gentle.**

(Hug yourself.)

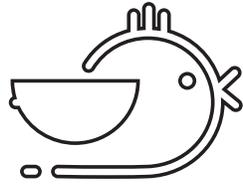
**Be patient.**

(Tap your wrist like you are wearing a watch.)

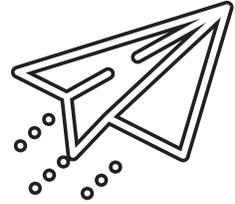
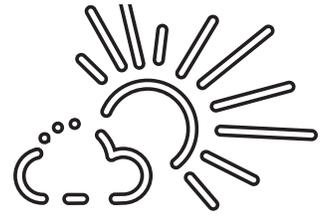
**Put up with one another in love.**

(Sign "I Love You" by holding up right-hand stick out the thumb, pointer, and pinky fingers while leaving middle and ring finger touching the palm.)

Know that treating others gently, with patience and love, are great examples of putting others first.



PUT



OTHERS

FIRST.

