

## All Puffed Up

Items Needed: balloon

Sometimes a good way to understand a word is to think about its opposite. The opposite of humility is pride.

What is pride? (Thinking too highly of one's self; thinking you are better than others; etc.)

Invite the kids to think of and say statements that a proud person might say. With each statement, blow a big puff into the balloon (holding it closed until all statements have been added).

- I am better than anyone on my team.
- I bet they wish they were as good as me
- I don't need anybody's help.
- She's lucky to have me as her friend.
- Why should I have to wait in line?
- I don't care what my parents say.
- I'll do what I want.
- She isn't as smart as me.
- I should get to go first.

This is a big bag of air. An over-inflated opinion of oneself pushes others away from us. (Let the air escape.) Even God resists the proud (James 4:6). We need to humble ourselves and recognize that we need God and others.

King Belshazzar was full of pride, and God allowed his kingdom and even his life to be taken from him. We must learn from Daniel to live life with humility.

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## Are You a Mountain Goat?

Items Needed: Paper, pen, pictures of mountain goats

Humility is recognizing our need for God and being willing to obey Him. Having a humble heart honors God and others.

Brainstorm with your child about humility. Write down some ways you can practice humility this week. Discuss the expected results. Show your child the picture of the mountain goats. Explain that when two mountain goats meet on a steep, narrow ledge, one lies down as a bridge for the other to walk on. (You can probably find a video of this very act to show your child.)

Remind your child that Daniel was an excellent example of living a life with humility. Daniel knew he needed God, and he was willing to obey God as well. Encourage your child to fight against a prideful attitude and choose to be humble.

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## Toss the Toys

Items Needed: Small, soft toys or balls (one less than the number of people playing)

Introduce your child to a fun outdoor game called *Toss the Toys*. Choose one person to be "It." The person who is "It" tries to tag those who do not have a toy. If you get tagged, you become "It." Those who have toys, toss one to the players who don't, saving the player from being tagged. The player who receives the tossed toy, must say "Thank you." By helping each other and expressing gratitude, the players learn about humility.

Humility is recognizing our need for God and being willing to obey Him. Having a humble, grateful heart honors God and others. Daniel was an excellent example of living a life with humility. Daniel knew he needed God, and he was willing to obey God as well. Encourage your child to fight against a prideful attitude and choose to be humble.