



Weekly Resources for Collective Worship, Spiritual
Development and Pastoral Care

PHASE: SECONDARY

**WEEK 4 THEME:
HUMILITY**



KEY CONCEPT/MESSAGE:

**‘Humility is not thinking less of yourself, it’s thinking of yourself less.’
Rick Warren**

As humans, humility is not usually our default position, but it is essential if we are to live the kind of lives that God requires, and it is possible by following the example of Jesus and through the power of the Holy Spirit working within us.

We live in a world where some people say: “look at me, look at me”, chasing after fame and wanting to be noticed. Yet the real heroes (as we have seen over the last few weeks) are the everyday people who care and think of others first. Being humble means having a realistic picture of ourselves and seeks to **build others up**, rather than looking for fame or recognition.

BIBLE PASSAGE OF THE WEEK:

Philippians 2:5-11

In your relationships with one another, have the same mindset as Christ Jesus:

*Who, being in very nature God,
did not consider equality with God something to be used to his own advantage;
rather, he made himself nothing
by taking the very nature of a servant,
being made in human likeness.*

*And being found in appearance as a man,
he humbled himself
by becoming obedient to death—
even death on a cross!*

*Therefore God exalted him to the highest place
and gave him the name that is above every name,
that at the name of Jesus every knee should bow,
in heaven and on earth and under the earth,
and every tongue acknowledge that Jesus Christ is Lord,
to the glory of God the Father.*

TO CONSIDER AS YOU PREPARE

KEY QUOTE OF THE WEEK: “There is no limit to the amount of good you can do if you don’t mind who gets the credit.” Former US President, Ronald Reagan

Is there anything you could do to put Reagan’s thoughts into practice in your own life? Where could you do some good for others that nobody else will ever know about?

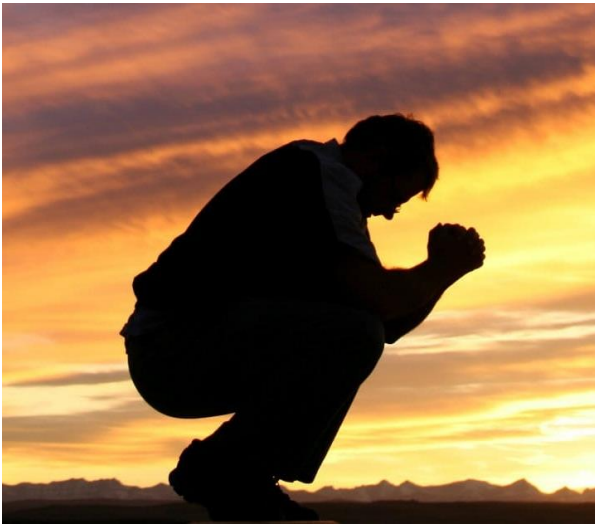
LISTEN: ‘Majesty’, by the band Delirious - <https://www.youtube.com/watch?v=pnGivhxS4v4>

WATCH: Here is a short video by Louie Giglio which leaves us feeling a real sense of humility before the Creator of the World: https://www.youtube.com/watch?v=QSR8z_0uV5E

‘Fix You/ Bridge Over Troubled Water’ sung by the NHS Choir – two beautiful songs about thinking of others, interwoven and sung by everyday heroes: <https://www.youtube.com/watch?v=T8qHXIShfUO>

PRAY: The Serenity prayer has been used in a variety of forms over the years. It promotes humility before God. Use it today:

*“God, give me grace to accept the things I cannot change,
Courage to change the things that I need to change,
And the wisdom to know the difference.”*



- What does this picture make you think of?
- When have been the times in your life when you have most needed to pray?
- What difference has it made?

What might this image suggest to you? – it speaks of an incredible moment in triathlon history, when one Brownlee brother helped the other to finish the race, giving up the chance to win for himself, even pushing his brother over for him to get the second place instead of third.



I. COLLECTIVE WORSHIP - *Invitational, Inclusive, Inspiring.*

GATHER:

Spend 5 minutes looking up at the night sky on a starry night, then write down 5 questions that come to mind – or watch a clip on YouTube of the stars and galaxies – for example Louie Giglio’s film at https://www.youtube.com/watch?v=QSR8z_0uW5E

For many of us, our questions will be focussed on the bigness of the universe and the smallness of you by comparison. This fact that you are so potentially insignificant only serves to reinforce all the more how amazing it is that the one who was “in very nature God” but became “obedient to death – even death on a cross” did it for each one of us.

ENGAGE:

Sometimes prayer can be a very physical activity – believers of many different faiths use this as a sign of humility as they talk to God. It can be in worship and adoration, and can also be in desperation and request. They kneel with their forehead, nose, hands, knees and toes touching the floor. This is called prostration and shows complete humility before God.

In Luke 5:1-11, we read the story of Jesus calling Simon Peter, and the miraculous catch of fish, where Jesus brings into the nets enough fish to fill and almost sink two boats. When Peter sees what Jesus has done, he falls on his knees and says “Oh, Lord, please leave me—I’m such a sinful man.” Peter recognised who it was in front of him, and his immediate action was to kneel.

As we consider what Jesus did for us, becoming a man to die on a Cross in our place, perhaps humbling ourselves and bowing before God is the only appropriate response.

REFLECT:

Quite possibly, Jesus is the only human being who has ever lived who could get away with making the statement: “I am humble!”

If you don’t believe this is difficult, try saying it, just for the laugh, to your parents or friends, and see what reaction you get! Watch some of the students in this week’s Faith at Home film talking about exactly this at - <https://www.churchofengland.org/faith-action/faith-home/faith-home-videos/collective-worship-secondary-schools-episode-4-humility>

Jesus said: “*Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.*” (Matthew 11:29)

SEND OUT:

- We looked at humility this week. If we have humility, we look for the good in others rather than showing off how brilliant we are. How you might build others up and not put others down this week?
- Think of a creative way to put your humility into practice by serving others in your community at this time: e.g. *write thank you cards to send to your local NHS staff in hospitals and GP surgeries; contact local charities that work with elderly people and ask what you could do to support their work.*
- You might also like to say a prayer to God, asking you to help with this.

2. SPIRITUAL DEVELOPMENT

(practical ways to help us explore faith and develop spiritually at home together)

EXPERIENCES that can help us ENCOUNTER:

1. Look at the Fruit of the Spirit (Galatians 5:22-23): Which of these characteristics are easy for you? Which do you need to work on? If you're not sure, ask a teacher, a family member or friend. Then choose one to actively work on over this week.
2. Practice asking for help: Asking for help can be a real challenge when our pride gets in the way. So practice asking someone for help this week. Then notice how it makes you feel. How did you feel just before you asked? How did you feel afterwards? We can feel awkward before we ask, it takes humility to admit you need help. But once we've asked, and been successfully helped, we can find that it led to a great result.

ACTIVITIES that can help develop PRACTICES-HABITS:

1. Write to someone you know who is humble: Tell them that you've been thinking about humility and that they came to mind as a humble person. Tell them what you've seen in them that demonstrates humility, and how that has impacted you. Tell them why you think humility is important, and thank them for being a good example to you.

CONVERSATION STARTERS that can help develop RELATIONSHIPS-COMMUNITY:

- Why is humility so difficult?
- How can we overcome this difficulty?
- Name one humble person you know - what one thing could you change in your life to start to become more like them?

3. PASTORAL CARE - *ideas for looking after...*

- Ourselves & Our staff

Why not create a 'Celebrate a Member of Staff' noticeboard in the staffroom to deliberately celebrate the staff who often go 'under the radar' because of their humble nature, by recognising their acts of humility. Clearly, this would need to be done with sensitivity, but it could be significant in beginning to cultivate a culture in school where Christian humility is valued over self-promotion.

-Our families & Our community

The following idea comes from Grace Hands, pupil worship co-ordinator at St. Christopher's, Accrington:

'As I look at the Easter story, I think it is very much a story of giving. Jesus gave his life for us so that we could share the gift of his forgiveness with others. At the difficult season we are all in now, it may seem very hard to find things to do. But I think it is very important that we try to find that we focus on ways we can give to others in our community. Recently, my brothers and I made some cards for the neighbours. We didn't do this for ourselves but in blessing the community we got phone calls back with many thanks. This made us feel great too, even though that wasn't our intention.'

I wonder what you might be able to do to make yourself feel whole this week? Making those cards made us feel whole and very happy, so I encourage you too to find something to do for others that in return makes you feel whole. Just as Jesus did on the cross, let's do it humbly and with God's love. Maybe you could it? But above all else, stay positive and remember God is in control.'

GOING DEEPER/FURTHER RESOURCES

READ:

There is a great chapter in a book called 'The Learning Game' by Jonathan Smith that starts with a description of a man playing football on his drive with his 6-year old son. The author describes how the father goes to great lengths to not only ensure he misses his own penalties, but that his son scores his. The chapter is entitled 'Real winners come second.' It is something of this that we all need to be striving for in our own spheres of life. Read the book, and especially that one chapter if ever you get chance.

THINK: *"Humility is not thinking less of yourself, but thinking of yourself less."* – Rick Warren - What do you think this quote means to you and your community? How could you apply it to your life?

WATCH: There are some great examples of humility picked up in major films - all of the following movies contain great themes of humility:

- The original 'Cars' movie;
- The original 'Thor' movie;
- The most recent 'Aladdin' movie;
- 'Spiderman: Far from home.'