

ONE CONVERSATION™

Use these discussion starters to help foster a spiritual conversation with your family.

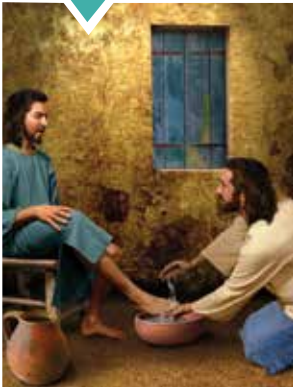
BIBLE STUDIES FOR LIFE

PHILIPPIANS 2:1-5, 13-15

Topic: Submit

THE BIBLE MEETS LIFE: Submission is a word that carries a lot of negative baggage; many people equate submission with being a slave or being a pushover. That idea of submission allows the other person to be egotistical or dictatorial, and there is no real bond in that type of relationship. The Book of Philippians paints a far better picture of submission, and it points us to Jesus to see just how submission is to be carried out.

PRESCHOOL



JOHN 13:1-17

LIVE IT OUT: Help your child make a list of kind actions she could perform. Post the list in the kitchen. Encourage her to perform at least one kind action listed each day.

Jesus and His helpers (disciples) sat down to eat supper. After they ate, Jesus got up, took off His robe, and tied a towel around Him. Jesus poured water into a bowl.

Jesus washed a friend's feet. Then He dried the friend's feet with the towel.

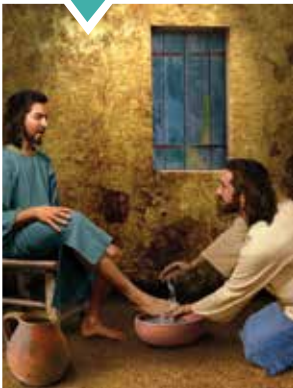
"Jesus, are You going to wash my feet?" Peter asked.

"Yes, Peter, I will wash your feet, too," Jesus answered.

When Jesus finished, He sat at the table again. "What I have done for you is a way to show I love you," Jesus told them. "You should do these things for one another."

Jesus told His helpers to love one another and other people as He loved them.

KIDS



JOHN 13:1-17

LIVE IT OUT: Help your child follow Jesus' example of service by planning a service project for your church or community. There are many organizations that need people to help with various projects.

Just before the Passover meal, Jesus knew that it was almost time for Him to leave this world and be reunited with God. Jesus loved His disciples and wanted to show them how much He loved them. Jesus knew that Judas was going to betray Him. He got up from the table, tied a towel around His waist, and poured water into a bowl. He began to wash His disciples' feet and then dry them with the towel wrapped around His waist.

"Jesus, are You going to wash my feet?" Peter asked.

"Yes, Peter, I will wash your feet, too," Jesus answered.

When He finished, He asked the disciples if they knew what He had done for them. He told them that He did that for them, they should follow His example.

STUDENTS



PHILIPPIANS 2:1-5, 13-15

THE POINT: Humbly place the needs of others before your own.

- Reflect on the humility of Jesus. Note passages of Scripture where His humble heart is clearly seen.
- Talk to your student about the value of humility in a world that is all about fame and popularity.

LIVE IT OUT: Your student has been encouraged to do one or both Live It Out activities in the Personal Study Guide. Here are some suggested ways to help your student:

*If he or she plans to complete **Amazing Yet Humble**:*

- Encourage and support your student as he or she seeks input from others.
- Invite your student to evaluate you using the same questions so that you may grow together.

*If he or she plans to complete **Quit Whining**:*

- Talk with your student about how to shine the light of Christ.
- Pray that you will be an example of someone who shines the light of Christ instead of whining all the time.

Discuss the following quote: "Humility is to make a right estimate of one's self."¹ — Charles Spurgeon

1. C. H. Spurgeon, "Pride and Humility," Spurgeon's Sermons Volume 2: 1856, Christian Classics Ethereal Library, [cited 14 September 2014]. Available from the Internet: <http://www.ccel.org>.