

Upside Down

JESUS CHANGES EVERYTHING

NAVIGATORS (KINDERGARTEN - 1ST GRADE)*

Week of April 5th



Use this guide to help your family learn how God can help us live with humility.

First, watch the video. Then, follow up with the fun activities 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.

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.”



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