

## Humility April 2020



### **SAY IT:**

Putting others first by giving up what you think you deserve

### **KNOW IT:**

#### **ASK A KID:**

- Think of a person that you know that shows humility. Can you think of examples of both children and adults that show humility?
- What are some ways you can put others first at school or at home?

#### **ASK A GROWN UP:**

- Share a time when you put the needs of others before your own needs.
- Share a time when someone you know put the needs of others first.
- Is it difficult for you to show humility? Why or why not?

### **SEE IT:**

Sometimes when we think of celebrities we can easily think about their flashy, egotistical actions or expensive cars, homes, and clothes. However, there are many instances when celebrities, star athletes or famous musicians humble themselves and give back to their communities in big ways. Former President Jimmy Carter is one example of a famous individual who has lived a humble life in spite of his celebrity. President Carter has been humbly serving the poor for decades. He has spent a lifetime in service to his country and to causes like Habitat for Humanity with little fanfare. What other famous individuals come to your mind that are quietly putting others first?

### **BE IT:**

This month brainstorm with your family some ways you could put others first. These acts of humility do not have to be grand or unique. Think of ways to put others first at home or school or in your community. Acts of humility build character and develop a humble attitude and demeanor.

## PHASE

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It may seem like there is never enough time to get everything done.

Consider using the rhythm of your daily life to shape the values in your home – take advantage of the time you already have:

### Morning Time:

Be a coach. Help them find purpose by starting the day with encouraging words.

### Drive Time:

Be a friend. Talk about life during informal conversations as you travel.

### Meal Time:

Be a teacher. Have conversation while you eat together.

### Bed Time:

Be a counselor. Strengthen your relationship at the end of every day with heartfelt conversations about feelings.

**So don't miss it.** Use the time you have (without technology or distractions) to deepen relationships and encourage values in your home.