

# HOW DO YOU PUT OTHERS FIRST?

## DAY 5

What are some of your favorite things to do?

To the right, draw a stick figure version of yourself doing them.



Which of these activities would be the hardest for you to let someone else go first, be in charge of, or get their way? Update your stick figure drawing to show what that might look like, putting others first when it comes to your favorite activities.

Now circle one of the activities that you will do today or tomorrow. Decide how you can let someone else go first. If you think it's going to be really hard for you to do, call on someone from the list you made yesterday and ask them to help you by praying for you and encouraging you as you put others first today.

# HUMILITY

PUTTING OTHERS FIRST BY GIVING UP WHAT YOU THINK YOU DESERVE

## DAY 1

Go to [Studio252.tv](http://Studio252.tv) and watch this week's episode of The So & So Show. (Click on Fun2Watch! then The So & So Show.)

Even if you already saw it at church, feel free to check it out again!

### SO & SO TOP 3

After watching, write one thing that . . .

1) YOU LIKED: \_\_\_\_\_

2) YOU LEARNED: \_\_\_\_\_

3) YOU'D LIKE TO KNOW: \_\_\_\_\_

## DAY 2

### Read Matthew 26:36-44, 53-54

Go back and read Matthew 26:39, 42 and 44. Then fill in the blanks of this summary of Jesus' prayer:

**"My Father, if it is possible, let this cup of suffering and death pass from me. But let what you want be done, not what I want."**

Three times Jesus prayed that prayer, but ultimately, He chose to put others first above His own life! (Read Matthew 26:53-54.)

## DAY 3

When reading Matthew 26, we can uncover a couple of reasons Jesus was likely praying right before He surrendered to Judas and the religious leaders. Matthew writes, "He began to be sad and troubled." And then later we hear His prayer and realize He's asking God to change the plan . . . but if it's not possible, then He is surrendering His will and desires to God's.

Is there something in your life right now that has you sad or troubled? Write a bit about the situation here. \_\_\_\_\_

\_\_\_\_\_

If you were to ask God for what you want to happen in this situation, what would that look like? \_\_\_\_\_

\_\_\_\_\_

Now use what you wrote above to write a prayer to God, asking for His help in the situation you're facing. End your prayer as Jesus ended His, **"But let what you want be done, not what I want."**

## DAY 4

When Jesus surrendered His life to God's will, He wasn't alone. He took some of His closest friends with Him and asked them to stay away and pray for Him.

Choosing to humble yourself to what God or someone else wants isn't easy, and sometimes it takes asking someone else for help.

If you were to assemble a small group of people to hold you accountable for putting others first, who would be in your group?

\_\_\_\_\_

Pick one or two people from the list you just made and find a way to reach out to them today. Tell them what you've learned this week about humility, and tell them that over the next couple of days, you're going to be putting it into action. Ask them to pray for you, that you'll be able to follow through and truly humble yourself to the needs of others.