



LOW-ENERGY GAME

Wrap Race

[10 min]

Supplies

- rolls of crepe paper (1 roll for every 3 kids)
- baby doll
- swaddling blanket
- Christmas music (optional)

Easy Prep

- Use the blanket to swaddle the baby doll. If you're not sure how to swaddle, a quick online search will provide helpful guides.

Wrap Teammates in Crepe Paper

Say: **We've been learning more about the Christmas story—the story of Jesus' life beginning the way all of ours did: as a little baby.** Hold up the swaddled baby doll.

Babies are adorable and cuddly, but they're also very helpless. Babies need older people to care for them. One way to help babies stay warm and feel safe is to swaddle them in a blanket; that's a fancy way of saying to wrap them snugly in blankets with only their faces left unwrapped. I've got a fun and funny game where you'll get to practice some swaddling of your own!

- Form teams of three, and give each team a roll of crepe paper.
- Have teams decide who'll be wrapped and who'll do the wrapping for their first round.
- Kids will try to "swaddle" their teammate as quickly as they can, wrapping the person from neck to toe in two minutes. The crepe paper should cover the person completely without gaps between wrap layers.
- If you'd like, play Christmas music as kids play.
- Play three 2-minute rounds, allowing teammates to switch roles so everyone has a chance to be wrapped.

Talk About It

Ask: • **What did you like or not like about being swaddled?**

Say: **You might have liked being swaddled more when you were a baby! Babies like it because it makes them feel safe and protected to have something warm and cozy wrapped all around them. God could have sent his Son, Jesus, as an already full-grown man, but God sent his Son into the world as a tiny, helpless baby who needed his parents to protect and swaddle him.**

Ask: • **Why would God send his Son as a baby who'd grow from a child to an adult, just like the rest of us?**

Say: **God had very good reasons for how he sent Jesus to us, and one was to show us that Jesus is humble. Christmas can remind us to reflect God's humble heart.**



TALK-ABOUT VIDEO A Child Is Born

[10 min]

Supplies

- “A Child Is Born” teaching video

Discuss and Watch “A Child Is Born”

Say: Today we’re learning that Jesus is humble. He showed how humble he was by coming to earth in a very humble way! As you watch what happened, look for signs that Jesus is humble. When you see one, raise your hand for a second or two.

Watch “A Child Is Born.”

Ask: • **What signs did you find that Jesus is humble?**

- **Why do you think Jesus came to earth in such a humble way?**
- **This video ended with a verse that says Jesus “entered the world not to be served, but to serve, and to give his life as a ransom for you.” That means he gave his life to pay the price for your sins. What can you learn from that?**

Say: Jesus is humble, so we’re humble. He set an example of how to be humble by coming as a baby, being born in a barn, and letting shepherds be the first to know he was born. We can be humble, too, when we’re not focused on always getting the best stuff for ourselves.

**DEEPER BIBLE****What Would It Mean for Me to Be Humble Like Jesus?**

[15 min]

Supplies

- Bibles
- box of candy canes or other appealing items
- paper
- crayons

Easy Prep

- Your box needs to contain exactly 1 candy cane per child. Once all your kids have arrived, discreetly remove any extras and place them in a cabinet or purse where kids won't find them.

Share

- Get out your box of candy canes, and talk about how excited you are to have them. You can share why you love candy canes and any memories you have of eating them as a child.
- Tell kids you can't wait to eat them all!
- Pull out one candy cane, and pretend you're about to unwrap it. Then pause and look at the kids.

Say: **Hmm...you look like you'd enjoy some candy canes, too. Maybe I'll share a few.**

Begin distributing candy canes. Slow down and look concerned as you're nearing the end, but ultimately give them all away.

Shake the empty box upside down. Say: **Well, I'm glad I had enough for you all to have one. But now I have none left for myself!** Some kids may offer to return theirs to you. Thank them, but decline their offers.

Ask: • **How did sharing the candy canes show humility?**

Say: **Humility is another form of the word *humble*. It doesn't mean to be humiliated or embarrassed! Humility is when we put others first...even if we have to give up things we want or good things we already have.**

Jesus is humble because he gave up way more than just candy canes! What would it mean for us to be humble like Jesus? Let's dig in to that.

Dig Deeper

Give kids each a Bible, and have them turn to Philippians 2:3-11.

Read Philippians 2:3-5 as kids follow along.

Say: **The next several verses tell us what Jesus gave up to show his humility. You're going to turn those verses into a comic strip.**

Distribute paper and crayons. Have kids each draw five squares for their comic strips and then fill in the squares based on what they read in Philippians 2:6-11. After kids read and draw, move on to this discussion.

Say: **Jesus is humble! These verses say he gave up his divine privileges.**

Ask: • **What do you think that means?**

Say: **Jesus also took the humble position of a slave.**

Ask: • **How did Jesus serve others?**

Say: **Jesus even died on the cross like a criminal...when he was perfect!**

Make It Personal

Say: **So now that we've explored how Jesus showed humility, let's think about what it would look like for *us* to be humble. Since Jesus gave up his divine privileges, think of something special to you that *you* can give up. Then, on the back of your comic strip paper, draw a picture of what you can give up.**

As kids draw, walk around and help brainstorm ideas as needed. For example, kids could give up control of the remote to a younger sibling, give a cookie from their packed lunch to a friend at school, or let someone cut in front of them in line.

After a few minutes, have kids share their drawings with a partner. Then ask a few kids to share with the whole group what they drew.

Say: **Jesus is humble. He showed us his humble heart when he was born as a human baby in such a humble place. When we give up what we want in order to put others first, we're reflecting Jesus' humility.**



LIFE APPLICATION WRAP-UP

Praise the Humble King

[5 min]

Supplies

- burlap*

Pass Burlap

Hold up a piece of burlap. Say: **In our Bible story, we saw how Jesus is humble. He came to earth as a baby and had his first nap in scratchy hay that felt kind of like this burlap. But Jesus truly deserves all the praise we can give. Let's praise him!**

- Have kids sit in a circle.
- Pass around the burlap.
- Whenever a child holds the burlap, he or she can shout out a word of praise to Jesus.
- It's okay if kids repeat the same adjectives.
- Collect the burlap.

Wrap Up

Hold the burlap, and pray: **Jesus, you're the king of the universe! You're worthy of all our praise and more, even though you came to earth as a helpless baby and were born in a barn. Thank you for showing us how to be humble. Help us show humility, too. In your name, amen.**

Thank kids for coming, and encourage them to come back next week.



ACTIVITY PAGES WITH A POINT A Humble Birth

[10 min]

Supplies

- “Jesus Is Born in a Stable” Activity Page
- pencils
- crayons

Older Kids: Do an Activity Page

Say: **Jesus is the king of everything! He lived in heaven where it's perfect. But Jesus is humble, so he gave that up to be born as a baby on earth. Plus, he chose to be born in the humblest place. Let's find the way to the stable.**

Distribute the activity pages and pencils. Kids will identify the path that leads to the stable.

Ask: • **Which of these places would *you* most like to go spend a night? Why?**

- **Why do you think Jesus wasn't born in a palace or at least an inn?**

Say: **One reason Jesus came to earth was to show us what it looks like to be humble, so he didn't have a royal birth in a palace. Jesus is humble, so we're humble.**

Answer: Path D

Younger Kids: Color a Coloring Page

Distribute the coloring pages and crayons. Say: **Christmas is when we celebrate that Jesus was born! And Jesus is humble. That means he put us before himself and gave up special things in heaven to live on earth. Let's thank Jesus as we color a picture of him as a baby.**

Allow time for kids to color