

Fort Hill Christian Youth Camp 2025

Class Curriculum - The Christian Life

Age - Junior Campers

Thursday - Humility

Summary

1. Subject: Humility
2. Scripture: John 13:3-17. Philippians 2:1-11
3. Grade/Level: Junior Campers
4. Objective: Discuss the biblical commandment to be humble and how humility is fundamental to Christian Living
5. Time Allotment: 1 Hour

Prayer: Don't forget to begin and end your class with a prayer! If possible, have a camper lead one or both of these prayers.

Overview

This week's classes will focus on ethics, or in other words, "Christian Living". This will be applied differently to every age group. For Junior Campers, each class will begin with a story from the Bible, which can be read from scripture, read aloud from a children's bible storybook, or told by the teacher. Then, there will be a brief lesson/discussion to reiterate the main points from the story, followed by games and activities.

Today's lesson will focus on humility. So far this week, we have talked about doing the right thing and putting our faith into action every day. Being humble is a more internal aspect of Christian Living, but has many external applications. The scripture for today is Philippians 2:1-11 which explains the humility of Jesus Christ. The story to convey humility is Jesus washing the feet of His disciples in John 13.



Story

10-15 minutes

Jesus Washing the Feet of the Disciples

John 1:1-14 tells us about the nature of Jesus Christ. Jesus is the Son of God and is God Himself. He was present during creation and helped create everything in this world. Being God, Jesus is more powerful and awesome than we can understand. Despite all this, when Jesus came to earth, He acted humbly.

In John 13:3-17, we see a remarkable story of the humility of Jesus, as He washes the feet of the disciples and explains to them the importance of being humble. Tell this story to your campers at an age-appropriate level. A brief summary is below.

- Jesus was with his apostles during the Passover Feast, the day before He was going to be put on the cross.
- After they eat the feast, Jesus gets water ready and begins to wash the feet of His disciples.
 - Washing feet was common at the time of Jesus. Most people wore sandals, and they lived in a hot and dusty climate.
 - Usually, a servant would do the washing. If there were no servants, it would be whoever was the least important. It was not something people in a position of power would do.
- The apostle Peter tries to tell Jesus, “No”. He thinks Jesus is too good to wash his feet.
- Jesus insists on washing Peter’s feet.
- Afterward, Jesus explains the lesson in saying, *“14 If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. 15 For I have given you an example, that you also should do just as I have done to you. 16 Truly, truly, I say to you, a servant is not greater than his master, nor is a messenger greater than the one who sent him”* (ESV).

This story is not telling us to literally wash each other. This is one example of many where Jesus put Himself in a lowly position to serve those around Him. Even though He is the greatest, He came to serve, and He tells us to do the same. Instead of trying to prioritize ourselves or prove that we’re better than those around us, we should be helpers who look to the needs of others.

Lesson/Discussion

15 Minutes

Guided Discussion: A lot of things in our world push us to compete with others and prove that we're the best. There's nothing wrong with healthy competition in things like sports, but the mindset of being better than those around us is wrong. Jesus had every reason to act like He was better than those around Him (He was, and is!), and still He chose to be humble instead.

Ask your campers, **"What are other ways that Jesus showed humility?"** Serving His disciples and healing the sick are great examples. Outside of that, Jesus lived a life of poverty and built a spiritual kingdom instead of an earthly one. He was not a grand king in a huge palace, but he opted for a humble lifestyle. He was born in a manger, worked as a carpenter, obeyed His parents, and more.

Jesus told His disciples to wash each other's feet. To serve each other as much as possible.

"What are ways that we can serve each other today?" Some examples at camp may be making sure everyone gets a turn in games we play or sharing our flashlight/bug spray/toys with the other campers. It can be as easy as holding a door open, or it can be a lot bigger. Jesus asks for us to be humble in every way, big and small.

"Who are some examples of humble servants?" As the teacher, go first and tell the kids about people you see at camp or people from your life that embody Christ's humility. Maybe take this time to highlight moments when each of the campers has helped or served someone else this week. For the campers, they may mention their parents or a good friend, or possibly a job that is known for helping others like a firefighter or doctor.

Being humble isn't just about helping others. It's how you think about others and how you think about yourself. Being humble means we are not selfish. It means we never think we're "too good" to be friends with someone or do something we don't want to do.

Read [Philippians 2:3-9](#) together as a class. The story of Jesus washing the disciples' feet is a great example of His humility, but this passage explains it fully. It says that everything we do should be for others, just like Jesus lived His whole life for us. God the Father has given Jesus great glory for His humility, and will give us a great reward for ours too.



Activity/Illustration

Activity

“The Human Knot”

For this game, have your campers stand in a circle and reach out with both arms. They will need to hold hands with the other campers. They cannot use both hands to hold the same person's hands; they will need to hold different hands. They cannot hold the hand of either person next to them. Once all hands are held, they will be in a big knot. Have your campers work together to try and unravel the knot without letting go of hands. Sometimes, this will be quick and easy; other times, it may seem nearly impossible. When they get untangled, they should be in a full circle holding the hands of the campers next to them.

Play this game a few times. For the first game, a counselor should play with them or help them unwind. As the campers figure out how the game works, let them try to do it on their own.

Application: This game will teach your campers how to think about the needs of others. They may feel like they need to move or twist in a certain way to get untangled, but if they aren't considering the people they're holding onto, they'll never unwind.

“Three-Legged Race”

Have your campers get into partners and tie one leg of each partner together using whatever material you have available. Have each team race to a finish line (for safety, have campers link their arms at the elbow). If campers aren't thinking about their partner, they'll trip or fall behind.

For added fun, make teams of three students or more, tying their legs together so that they can move in the same direction. Be careful not to create a dangerous situation where a camper can fall and get hurt, but larger teams will further emphasize the point of considering the needs of those around you.