

Throwback

Week 1

BIG IDEA

It's always good to be humble.

BIBLE

The Speck and the Plank: Matthew 7:1–5; John 20:19–31

LARGE GROUP TIME

Wassup everyone! Welcome to our new series, *Throwback*. Each week, we'll go back in time and see that the things Jesus taught are always trending because Jesus is the same yesterday, today, and forever! This week, we'll start with the 2000's. Let's go, peeps!
(If you are opening large group time with music, show a picture of or bring in [an iPod](#) to show how people listened to music in the 00's!)

WHAT? What are we talking about today?

ACTIVITY | Sunday School Musical

- **INSTRUCTIONS:** Show a clip from *High School Musical* (like [this one](#)). Then have kids try to [learn the routine](#) or break off into small groups to come up with their own dance moves.
- During the 2000's, people started dancing a lot in movies and TV shows. One movie that a lot of people watched was *High School Musical*. At any moment during the movie, the characters would break out into song and dance!
- If you watch their routines, they are so synchronized because they work together to make sure they match each other. They take turns sharing the spotlight and they highlight everyone's strengths.
- This ability to not see ourselves as better than others and to lift each other up is a big part of something called humility. We'll see how having humility is a quality that Jesus was all about, especially when it came to how he treated others.

POLL | Dance Dance Revolution

- **INSTRUCTIONS:** Play some upbeat music and show images of 2000's fashion trends (something [like these](#)) or maybe ask your leaders and church members to send you some of their own photos! Ask kids which of these trends they feel could still work today.
- It's time for "Dance Dance Revolution!" Oh wait, you probably don't know what that is. It was a very popular game in the '00s where you would step on these arrows to line up with the beat of a song.
- As I show you each picture of a popular 2000's trend . . .
 - **Jump forward** if you think it's something that still works today,
 - **Jump back** if you think you're glad you weren't alive in the 2000's, or
 - **Jump out with both your feet** if you're not sure how you feel.
- It's easy to poke fun at these old fashion trends, but have you thought about some of the things that are in style now? Today's Bible story is going to show us that it's so much easier for us to point out what other people are doing than to examine ourselves . . . and how that's not the best way to be.

SCRIPTURE | Matthew 7:1–5 (The Speck and the Plank)

- **INSTRUCTIONS:** Each week during the Bible story, invite some volunteers to help you out with a short skit. If you don't have enough volunteers, consider recruiting older kids to help or having one leader act out different characters using masks or name tags. This week, to represent the 2000's, introduce the kids to an "American Idol" type program and play [the theme song](#) to start and end the skit portion. You may also want to prepare a small grain of rice (to represent the speck) and a wooden plank to show as props during the Bible story.
- Have you ever been in a competition where there were judges? Have you ever been told you are not good at something? Do you know what the word JUDGING means?
- **Let's see what the Bible has to say about judging others in Matthew 7:1–5.**
- Jesus compared a speck of sawdust — which is tiny — and a plank — which is much bigger — to show that humans have this habit of judging others. Even though we all carry imperfections and mistakes, we notice them in others more quickly.
- So Jesus taught a different way to live. Instead of judging others for even the smallest thing, he invited people to be humble — like Jesus was. Jesus could have constantly pointed out everything everyone around him was doing wrong, especially since he was perfect, but he didn't do that. Instead, he made friends with people nobody else did. He cared for others and put their needs above his own.
- Jesus showed us that being humble is a good trend to follow!

BIG IDEA | It's always good to be humble.

It's always good to be humble.

ACTIVITY | Humble Texts

- **INSTRUCTIONS:** Show an image of an old cell phone ([Nokia anyone?](#)) or even better if you have one to show. Project each page of the cell phone [printable](#) for kids to interact with during this activity. Set up the numbers zero to nine on separate pieces of paper, and arrange them on the ground like a phone keypad. Invite kids up to the front to try "texting" the T9 way!
- **What does it mean to be humble?** You might have heard it's thinking less of yourself, but actually, it's more like thinking of yourself . . . less. You don't have to put yourself down or say you're not good at stuff. You can stay awesome and, at the same time, recognize that other people are awesome, too. Instead of putting others down or making fun of them when they make mistakes, we can remember that we are all human.
- One way we can be humble is to encourage other people. Celebrate each other's wins and cheer each other on. Nowadays, it's as easy as typing out and sending a kind message.
- The 2000's was when cell phone texting really took off. But check out the keypad. People in that era had to press the number key that contained the letter they wanted one, two, three, or four times, based on what order it showed up on the number pad. For example, if I wanted the letter "A," I would press the number "2" once, because it's the first letter on the button. If I wanted the letter "Z," I would have to press the number "9" four times, because it's the fourth letter on that button. Get it?
- **Let's see if you can text like a 2000s kid!** Jump on each number as many times as you need to spell out the words you see on the screen.
- Hold onto these words in your mind and encourage someone in your life. Rather than comparing yourself to people, **it's always good to be humble.**

VIDEO | Throwback, Episode 1

- **INSTRUCTIONS:** Play this week's episode of [Press Play](#).

REFLECTION | Always Trending

- **INSTRUCTIONS:** Give each kid a battery-powered tea light.
- I know we focused on a lot of things from the 2000's. You might have recognized some of the things and might have found some of the things to be puzzling.
- Certain things will never go out of style, and one of them is candles. That's right, candles. In the 2000's, there used to be stores that only sold candles – those don't really exist anymore – but candles are still everywhere. That's because we still use candles for decorations, fragrances, or in case of power outages.
- Now imagine each of you is a candle. You're minding your own business and suddenly, someone covers up your light. **What happens?** Well, people can't see your light and the room gets that much darker.
- Like candles, Jesus' teachings are always trending. And one thing Jesus called us to do is to be lights in this world and to shine God's love. But if we bring others down by judging each other, pointing out each other's faults, and letting our pride get in the way, we are dimming each other's light and our own.
- But when you're humble, you realize not everything is about you. You understand that it's okay to share the spotlight or even let others take the spotlight. Just because others shine, that doesn't mean you don't.
- **It's always good to be humble.**

RESPONSE | Plan to Be Humble

- **INSTRUCTIONS:** Get a bunch of [Silly Bandz](#), and give five to each of your kids.
- One reason why we are quick to judge is that we think we know everything. I guess that makes sense. A judge in a courtroom should know the most about the law. Judges in a singing contest should (theoretically) be phenomenal singers themselves. Even though you might know a lot of things, it's okay not to know some things, too. When you are humble and admit there are things you don't know, you can learn and grow in your relationship with God and others.
- **Go around the room and talk with a peer or leader.** Find out something they know that you don't, and share something you know that they might not. **Once you exchange this conversation, swap a silly band.** (Can you believe this little bracelet was a giant trend in the 2000's?)

MEMORY VERSE | Hebrews 13:8 (NIV)

- **"Jesus Christ is the same yesterday and today and forever.**

PRAYER

- Jesus, thank you for always being the same. You showed us how to be humble instead of judging others for their mistakes. Teach us how to encourage and lift others up instead of bringing them down. Amen.

SMALL GROUP TIME

DISCUSSION

- **SCRIPTURE QUESTIONS**
 - **What do you think it means to judge others? Why does Jesus tell us not to do this?** *Judging others means to make decisions about others without having all the information, to point out what others are doing wrong, or to assume the worst in people. Jesus tells us not to because we are all the same in God's eyes.*
 - **What example did Jesus use to explain how people judge others?** *He used pointing out a speck of sawdust in someone else's eye when you have a plank in your own eye.*

- **What did Jesus mean when he said to take the plank out of your own eye?** *He meant that you should be aware of your own shortcomings and not point out other people's faults.*

- **APPLICATION QUESTIONS**

- **What do you think it means to be humble?**
- **Why is it hard to encourage others sometimes?**
- **What are some ways you can lift others up, especially when you don't feel like it?**

ACTIVITY | Mad Lib Recap

- **INSTRUCTIONS:** *Give each kid a [printable](#) and have them work in pairs to first give each other a list of words as instructed without looking at the story. Then have them fill out the numbered blanks in the story and take turns reading them out loud! For younger kids, you can do it together as a group. Describe what each part of speech is and provide examples they can choose from.*
- Let's review what we talked about today in true 2000s fashion . . . Mad Libs! No matter how silly your story turns out, remember our Big Idea: **It's always good to be humble.**