



## Learning Intention Hey, why this lesson?

## TO REALISE THE POWER OF DISPLAYING HUMILITY



### Scripture

*So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have set you an example, that you also should do as I have done to you. Very truly, I tell you, servants are not greater than their master, nor are messengers greater than the one who sent them.*  
– John 13:14–16

### ACARA Connection RE Key Understanding

*Connect to your own State/ Territory's key understandings of Religious Education e.g. Christian Living, Religion and Society*

### Virtues

- **empathy** – walking in others' shoes, imagining how others feel or what they are thinking
- **humility** – being modest/humble, not over estimating your own importance
- **compassion** – having sympathy or concern (from your heart ) for others

God sent His only Son to save us. Many follow in his footsteps and He didn't ask for much for the great things he achieved. We will discover that the act of being humble is a necessary skill to learn. Also to be aware of the plight of others rather than just focusing on our own talents and achievements.

Hint: Less 'self' more others and T.E.A.M.  
(Together Everyone Achieves More)

Jesus 'rocked the boat' by actually washing the feet of servants. Discuss with the class why this was such a huge thing for him to do, given that slavery and servitude was acceptable in his day. There are many people who are in 'service' to others. 'Check-out' people at the supermarket (tellers), and at fast food outlets often get abused – ask the students to try thanking these people who serve for often small amounts of money. Practice what they could say, for example, 'Wow I love your attitude to your job' etc. Remind the students that one day it might be them.

**Health and physical education / Year 7 and 8 / Personal, Social and Community Health / Communicating and interacting for health and wellbeing**

### Curriculum content descriptions

Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (ACPPS075).

<https://www.australiancurriculum.edu.au/Search/?q=ACPPS075>

Humbleness and humility are discussed a lot in this topic. Ask the students to concentrate on 'empathy' and express to a classmate or to the whole class where they have seen amazing empathy. Also have a bit of fun and Google 'empathy and Sesame Street' and see what comes up.

Before completing the main activity look closely at the three virtues and then decide how they fit into the beautiful YouTube clip in the main activity on the following page.



## Warm Up Activity – ‘A picture paints a 1000 words’

1. Get the students to Google ‘Walk in my shoes’ (image) and find an image that appeals to them about humility.
2. Using the virtue ‘perceptiveness’ (you may have to look up its meaning) to discuss why you chose a particular image with a classmate or the class. Why do they or you need to be perceptive when looking at your selected image? Is something subtle (not obvious) or doesn’t stand out but still has a great message.
3. The following is an amazing advertisement about humility and kindness: <https://www.youtube.com/watch?v=ISUBikaulQM>
  - a) Write your reaction to it in your journal, especially how you could do ONE of these things in your community – e.g. helping the elderly.
  - b) Think about creating positive habits that help others. Write a promise to yourself about trying to create one of these in the future.
  - c) Why do you think that an insurance company made this advertisement?

## Main Activity

1. After watching this emotional YouTube on the boy who stuttered/stammered complete the activities.  
<https://www.youtube.com/watch?v=dQcjFIMVsJE>
2. ACTIVITY
  - a) How was the teacher(s) of the stuttering boy humble, showed humility?
  - b) You are an interviewer for a TV or radio station. With another member of the class, come up with five questions about the YouTube video that will deeply delve into what actually occurred and how humility was involved.

Saint Teresa of Calcutta stated:

“These are the few ways we can practice humility:

To speak as little as possible of one’s self.

To mind one’s own business.

Not to want to manage other people’s affairs.

To avoid curiosity.

To accept contradictions and correction cheerfully.

To pass over the mistakes of others.

To accept insults and injuries.

To accept being slighted, forgotten and disliked.

To be kind and gentle even under provocation.

Never to stand on one’s dignity.

To choose always the hardest.”

Ask the students if they agree or disagree with any or all of these ideas.

3. Why?

## Jesus Connection

On page 59, Jesus is spoken of as being a ‘servant leader’. Discuss with the students what this actually means. Underline or highlight the rest of that sentence and then reflect on and write about why he washed the feet of others.

## Prayer/Reflection

Go to the back to page 129 of the journal and read this prayer together.

*Dear Lord*

*We ask for your help when we are striving to achieve great things but we also need reminding how difficult it is to B.I.Y. (Believe in Yourself) while not bragging or going overboard. Your son Jesus was always humble. Please give me the strength to model myself on his behaviour so as to be a good model for those around me.*

*Amen*

## Reflection Questions

### Reflection Activity

Read out the St Teresa of Calcutta quote on page 2 and discuss which of these is the hardest to do.

## Success Criteria

Students will be able to ...

- give examples of people in their lives and in the world who display humility
- explain why the opposite of humility is a quick way to lose friends – can they name celebrities who are like this?
- demonstrate (after many discussions) how to portray confidence without going overboard.

## Take Away Bag



Maybe this is about you or maybe one or some of your friends. How do you solve the problem of showing humility?

## Extensions

1. Define the Australian term 'bragging' and what do you need to do to ensure that this negative is not in your actions.
2. Choose someone in your life who demonstrates humility. It may be someone close to you e.g. mother/father, sporting coach, OR it might be a famous musician/actor, sporting person,
3. Fill in the following

The person I have chosen is \_\_\_\_\_

and the reason why is he/she/they display \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## Relatable Quote

*'Empathy is seeing with the eyes of another, listening with the ears of another and feeling with the heart of another.'* – Alfred Adler

Ask the students which of these three things they relate to the most and why.