

FAMILY WORSHIP HELPS

WEEK 27

THIS WEEK'S FOCUS

QUESTION 27: *Wherein did Christ's humiliation consist?*

ANSWER: Christ's humiliation consisted in his being born, and that in a low condition, made under the law, undergoing the miseries of this life, the wrath of God, and the cursed death of the cross; in being buried, and continuing under the power of death for a time.



MONDAY



Praise: Sing Psalm 22A

Scripture: Read Luke 2:1-7

Key Thought: *The humiliation of Christ is seen in His physical birth.*

Questions:

- ☞ What is meant by the word "humiliation"?
- ☞ What characteristics do we usually associate with newborn infants?
- ☞ Do we usually associate these characteristics with God?
- ☞ What characteristics did Christ have, as God, before His birth?
- ☞ What were the outward circumstances of the birth of Jesus?
- ☞ Can you see the humiliation of Christ in His physical birth?
- ☞ Why did He humble Himself in this way?

Prayer

Notes: This week we will examine the humiliation of Christ, which refers to the incredible condescension involved in the eternal Second Person of the Godhead taking upon Himself the nature of man in order to accomplish the redemption of His elect. The first part of His humiliation mentioned in the *Catechism* is His birth. Begin by helping your children to understand the meaning of the word "humiliation" (coming down from a high rank to a low rank) and then show them how the humiliation of Christ is seen in the facts surrounding His birth. All of the characteristics we generally associate with newborn infants, such as weakness, helplessness, dependence, and ignorance were taken on by the Lord Jesus Christ in His incarnation. These are not characteristics we think of in connection with God, but rather the opposite. God is infinitely powerful, self-sufficient, and perfect in knowledge and understanding. These attributes were laid aside by Jesus Christ when He took upon Himself the form of an infant, and was born into the world. Even the idea that the eternally existent Son of

God could be born in time shows us the great humiliation of Him who was made to be like us in all things (yet without sin), in order to redeem us. A further mark of His humiliation is seen in the circumstances of His birth. Jesus was not born to a wealthy, powerful, or noble family, but to a poor carpenter and brought forth in the lowest of places, a stable. Show your children the incredible condescension of God in these events.



TUESDAY



Praise: Sing Psalm 22A

Scripture: Read Galatians 4:1-7; Hebrews 5:8; John 19:28-30

Key Thought: *The humiliation of Christ is seen in His human nature.*

Questions:

- ☞ Who made the law? To whom do all men owe obedience?
- ☞ What does it mean to say that Jesus was born “under the law”?
- ☞ What does it mean to say that Jesus “learned obedience”?
- ☞ Can you see the humiliation of Christ in these things?
- ☞ Why did He humble Himself in this way?

Prayer

Notes: Another way that the humiliation of Christ is seen is in the fact that He was born under the law. As God, Jesus Christ is the Giver of the Law, and the Law is a reflection of His own perfect righteousness. When He became man, Jesus the Lawgiver was made subject to the law. As an infant, growing into a child, and then maturing to adulthood, Jesus had to learn and submit to the law. Show your children what an incredible act of condescension this is, that the eternal Son of God should place Himself under the law in order to accomplish what we could not do ourselves. He was under obligation to fulfill every requirement of the law, both positive and negative, in every thought, word, and deed, and all of this while experiencing physical trials and laboring under the weaknesses of human nature. Even while upon the cross, Jesus was intensely focused upon the complete fulfillment of every word of God. Because of His perfect and complete obedience the power of the law to condemn us has been broken!



WEDNESDAY



Praise: Sing Psalm 22A

Scripture: Read Hebrews 12:1-3; Isaiah 53:1-6

Key Thought: *The humiliation of Christ is seen in His sufferings.*

Questions:

- ☞ What are the “miseries of this life”?

- ☪ As the eternal Son of God, did Jesus feel pain, hunger, thirst, weariness, or sadness?
- ☪ When He became man, did He experience these things? What examples of each can you think of?
- ☪ Can you see the humiliation of Christ in His sufferings? Why did He humble Himself in this way?

Prayer

Notes: A third way in which the humiliation of Christ is seen is in His being made subject to the miseries of this life. Ask your children to list some of these. Show them that Jesus Christ, as the eternal Son of God, did not experience such things as pain, hunger, thirst, weariness, or sadness—but that all of these things were an inescapable part of His human nature and experience. Help them to think of examples of Jesus experiencing these or other miseries of this life and lead them to see what a remarkable act of mercy and grace it was for Him to willingly subject Himself to such agonies and sufferings for the sake of our redemption. These very miseries, which are the result of the curse of sin, often lead us into greater sin because we react to them in the flesh, rather than in faith. Yet Jesus Christ, though experiencing these sufferings to a greater degree than any man, walked in perfect faith and obedience to God. Praise Him for enduring such sufferings, so unnatural to His divine nature, for the sake of our deliverance.



THURSDAY



Praise: Sing Psalm 22A

Scripture: Read Philippians 2:1-8; Galatians 3:13; Psalm 22:1-19

Key Thought: *The humiliation of Christ is seen in the cross.*

Questions:

- ☪ Was death by crucifixion an especially painful way to die?
- ☪ Was death by crucifixion an especially shameful way to die?
- ☪ What made Christ's crucifixion even more terrible?
- ☪ Can you see the humiliation of Christ in the cross?
- ☪ Why did He humble Himself in this way?

Prayer

Notes: Today's focus is upon the cross of Christ. The humiliation of Christ is seen in His birth, throughout His life, and also in His painful and shameful death. Talk with your children about death by crucifixion, explaining something of the pain and humiliation associated with this method of capital punishment. Explain further that the suffering of Christ on the cross was infinitely more horrible than any other crucifixion because He also bore there the full

outpouring of God's wrath against the sins of His people. Help them to see the incomparable love of Christ for us in His willingness to undergo such indescribable agony of body and soul for the sake of our salvation. Praise God for His awesome grace!



FRIDAY



Praise: Sing Psalm 22A

Scripture: Read Isaiah 53:8-9; John 19:31-42; Acts 2:24-31

Key Thought: *The humiliation of Christ is seen in His death.*

Questions:

- ☪ What did they do with the body of Christ after He died?
- ☪ What happened to His spirit?
- ☪ What is meant by “continuing under the power of death for a time”?
- ☪ How do His death and burial show His humiliation?
- ☪ Why did He humble Himself in this way?

Prayer

Notes: The final mark of the humiliation of Christ was His physical death and burial. It is amazing to consider that the Maker of the world should subject Himself to being buried in the very earth that He created! Also, the circumstances of Jesus' death, like those surrounding His birth, show forth His humiliation. He died the death of a criminal; He was buried among the wicked; He had no physical heirs or descendants. In all of these things, Jesus lowered Himself for our sakes. Explain to your children that though the body of Jesus was buried, His spirit went immediately to glory, just as Jesus had promised the repentant thief when He said, “Today you shall be with Me in Paradise.” Yet still the body of Jesus remained under the power of death for three days. This “power” of death refers to the separation of body and spirit which occurs because of sin. Jesus body lay in the grave for a time, showing His identification with His people in their punishment, as well as the power committed to Him to break the power of death at His resurrection. The fact that Jesus suffered even unto death and burial shows us that He was willing to see His mission of redemption through to the very end for the sake of His elect.



Note: Only five lessons per week are included. You are encouraged to lead your family in worship seven days a week. On weekends, you may want to review or build upon the lessons from the previous week, discuss the sermon from Sunday morning, or work on questions from the Catechism or memory verses. These lesson suggestions are intended to provide a simple framework for parents to build upon. You are not limited to this content. The habit of morning and evening family worship is the biblical ideal. We hope you can use these lessons as a starting point for the development of a blessed practice of family worship in your home.