



UNIT 31 | SESSION 5

JESUS SUFFERED FOR US

PHILIPPIANS 2

KEY PASSAGE:

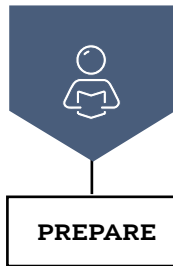
Isaiah 53:5

BIG PICTURE QUESTION:

Why did Jesus become human? Jesus became human to obey His Father's plan and rescue sinners.

CHRIST CONNECTION:

Jesus, the Son of God, humbled Himself by coming to earth as a man. Jesus never sinned, but He died on the cross to rescue people from their sins. Jesus rose from the dead and is alive! Everyone who trusts in Jesus has forgiveness and life with God forever.



PRIOR TO TEACHING THE SESSION



LEADER Bible Study

In Philippians 2, the apostle Paul expounds upon Christ's humility and its implications for how we live and interact with others. Though we may struggle with the paradox of His infinite power and meekness, Christ's humility serves as the truest example for us to follow as we adopt His attitude so that the world may confess Jesus as Lord.

How does Christ's humility encourage us to follow in His steps? How can we joyfully demonstrate Jesus' sacrificial mindset?

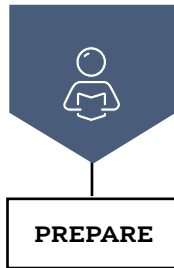
The sufferings of Jesus were rooted in humility as He sought not what was best for Himself, but rather what was for the good of sinful people. His obedience to deny Himself and seek the Father's will demonstrates the same mindset we should have toward one another. The love Christ has shown us through His humble death exhorts us to show this same love to others, trusting that God will use our humble efforts to shine like stars in a dark world. As followers of Christ, we seek to emulate His self-sacrifice, trusting that God is glorified through it and that we, who are in Christ, will one day be exalted with Him. (1 Peter 5:6) Yet as Paul reminds us, we remember that it is God working in us to help us have the desire and the ability to conform more into the image of Christ. (Phil. 2:13)

While being willing to humbly put another's needs above ours doesn't come easy, we can look to Jesus who for the joy set before Him endured the cross—knowing that His sacrificial death would mean everlasting life for us. Though it may seem like rejoicing has no place in humble self-sacrifice, Paul wanted us to see that this fruit of the Spirit is ours for the taking when our eyes are set on Jesus.

Help your kids see that we can find encouragement in Christ's story, just as the early church did. The reality of Jesus' suffering helps us live humbly so that we can exalt His name and will above our own. Just as Christ did not begrudgingly take to the cross, so, too, are we to walk in obedient sacrifice, knowing that our hope is not in vain. He rescued us through His own suffering that we might find His strength amidst our lack. When we trust in Him, we find new life and the forgiveness we need.

DOCTRINE TO KNOW

Christ's Humiliation: God the Son left His glorious state and came in the likeness of sinful flesh. He experienced a humiliating death on a cross to rescue sinners. (2 Cor. 5:21)



PRIOR TO TEACHING THE SESSION

GATHER Supplies

Keep a regular supply of the following items available at all times: Bibles, pens or pencils, markers, crayons, colored pencils, scissors, glue or tape, paper.



WELCOME

Activity Page

- ☐ “Jesus Died for Us” activity page

Session Starter (Option 1)

- ☐ pole or broomstick
- ☐ music

Session Starter (Option 2)

- ☐ painter’s tape
- ☐ table tennis balls, 2
- ☐ straws, 1 per kid



LEARN

Introduce the Session

- ☐ countdown video

Big Picture Question

- ☐ Big Picture Question Poster

Review the Timeline

- ☐ Giant Timeline

Tell the Bible Story

- ☐ “Jesus Suffered for Us” video
- ☐ Bible Story Picture Poster

Questions from Kids

- ☐ “Unit 31, Session 5” questions from kids video

Missions Moment

- ☐ “Jones Family Photo” printable

Key Passage Activity

- ☐ Key Passage Poster
- ☐ “By His Wounds (Isaiah 53:5)” song
- ☐ worship song of your choice (optional)
- ☐ 2-inch by 6-inch cardstock strips, 1 per kid
- ☐ stickers (optional)



LOVE

Review & Bible Skills

- ☐ Small Group Timeline and Map Set (optional)



LIVE

Activity Choice (Option 1)

- ☐ blindfold
- ☐ wooden spoon
- ☐ cooking pot
- ☐ wrapped chocolate candy

Activity Choice (Option 2)

- ☐ plastic sandwich bags, 1 per kid
- ☐ pretzel sticks
- ☐ raisins or craisins
- ☐ round crackers
- ☐ fish-shaped crackers
- ☐ mini marshmallows
- ☐ paper towels, 1 per kid

Reflection and Prayer

- ☐ Bible Story Coloring Page (optional)



WELCOME Kids

Greet each kid as he or she arrives. Use this time to collect the offering, fill out attendance sheets, build relationships, and help new kids connect to your group.

SAY “Have you ever made a mistake? What are some ways you tried to fix your mistake? Did anything work? Why or why not?”

1 ACTIVITY PAGE (5 minutes)

Invite kids to complete “Jesus Died for Us” on the activity page.

SAY “Today, we will see how Jesus came as a servant and obeyed God’s plan by dying on the cross. Because of Jesus, we can be forgiven and have life forever with God.”

2 SESSION STARTER (10 minutes)

☐ OPTION 1: GET LOW



Play a game of limbo using a long pole or a broomstick. Play some music and direct kids to form a single file line. Lead kids to go under the pole, lowering it several inches after all the kids have gone under. Tell kids that they must go under the pole with their head back and without falling to their knees. Repeat sending kids under the pole and lowering it until only one kid remains.

SAY “Toward the end of this game you had to get very low to go under the pole. You couldn’t win the game by raising your self higher. Only lowering yourself would help you win. This reminds me of Jesus who chose to lower Himself to rescue us from sin. Even though He is God, He became a man to die on the cross. Let’s learn more about how Jesus suffered for us.”

☐ OPTION 2: FOLLOW THE TRACK

Before the session, create two “tracks” on the floor using painter’s tape. Make the tracks about 3 inches wide and about 5 feet long. Be sure to add straight paths and curved paths to the track.

Form kids into two groups and provide each group with a table tennis ball. Distribute a straw to each kid. Explain that the straw will be used to propel the ball along the track as kids blow air through it. Challenge kids to take turns racing their ball down the track while trying to stay inside the lines. Tell kids that if their ball goes outside the lines, their turn is up and they must go to the back of the line. Continue until all kids have had a turn.

SAY “To complete this activity, you had to follow the track. But it was hard to stay on the track at all times. In today’s story, we will learn that even though we can’t follow God perfectly, Jesus did follow God’s plan perfectly. He took our punishment for sin. Let’s learn how Jesus’ sacrifice now makes a way for us to become like Jesus and follow God.”

Transition from **WELCOME** to **LEARN**





THE STORY OF THE GOSPEL

INTRODUCE the Bible Story

1 INTRODUCE THE SESSION (3 minutes)

Show the countdown video as you transition to introduce the Bible story. Set it to end as the session begins.

SAY “ Welcome, kids! My name is [your name], and I am so glad you’re here today! If you have your Bibles with you, will you take them out? [Distribute Bibles to kids who need one.] Today, we will be in the book of Philippians. This book is in the New Testament. Let’s turn to this book together. [Assist kids in finding Philippians.]

Today, we will learn how Jesus suffered for us. We cannot remove our sin or do enough good deeds to take away our sin. So, Jesus came to serve us and give His life on the cross for our sin. ”

2 BIG PICTURE QUESTION (1 minute)

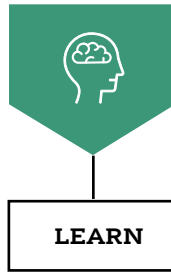
SAY “ Our big picture question is, **why did Jesus become human?** Do you remember the answer we’ve been learning? [Allow responses.] **Jesus became human to obey His Father’s plan and rescue sinners.** Let’s say it again together: **Jesus became human to obey His Father’s plan and rescue sinners.**

Jesus is God. But He chose to leave heaven and become a man to rescue us from sin. He never sinned but took our place on the cross so we can be saved from sin. He suffered in our place and rose again so we could live with Him forever. We can give praise to God for how Jesus obeyed His Father and rescues us. ”

3 REVIEW THE TIMELINE (1 minute)

Show the giant timeline. Point to individual Bible stories as you review.

SAY “ Before Jesus went back to heaven, He told His followers to go into all the world and share the good news that He had come to save sinners. The apostles and other believers obeyed this command, and through the power of the Holy Spirit, the church began to grow—even when faced with hard times. Like the early church, we are also commanded to share the good news of Jesus with others. Today, our Bible story reminds us of why Jesus came to earth and why the gospel is such good news for every person. ”



THE STORY OF THE GOSPEL

LEARN the Bible Story

1 TELL THE BIBLE STORY: VIDEO OR STORYTELLER (10 minutes)

Open your Bible to Philippians 2. Use the Bible storytelling tips to help you tell the story, or show the Bible story video “Jesus Suffered for Us.” Use the bold text to retell or review the story.

JESUS SUFFERED FOR US

“Paul, a follower of Jesus, was living as a prisoner in Rome. The Jewish people had tried to kill him because he believed and taught that Jesus had risen from the dead.

While Paul was waiting to meet with the emperor of Rome, other believers visited Paul or sent him gifts. **The Christians in Philippi sent a gift to Paul, and he wrote them a letter to thank them. Paul told them to be humble like Jesus and to love one another, working together and taking care of one another because Jesus suffered for us.**

Paul wrote, “Adopt the same attitude as that of Christ Jesus. Jesus is God, but He set aside His rights and honor to come to earth as a man. He came as a servant and obeyed God’s plan by dying on a cross.

“This is why God highly exalted Him and gave Him the name that is above every name so that out of honor for Jesus, everyone in heaven and on earth and under the earth will bow down to Him. And every tongue will confess that Jesus Christ is Lord. This brings glory to God the Father.”

Jesus suffered and died for us, and He rose from the dead and is alive! Because of Jesus, we must follow and obey God. **God is at work in us, changing us to be like Jesus. Paul wrote, “Do everything without grumbling and arguing so that you may be blameless and pure, children of God who are faultless in a world full of wickedness. In this way, you will shine like stars in the world.”**

Christ Connection: Jesus, the Son of God, humbled Himself by coming to earth as a man. Jesus never sinned, but He died on the cross to rescue people from their sins. Jesus rose from the dead and is alive! Everyone who trusts in Jesus has forgiveness and life with God forever. ”

STORYTELLING TIPS

Create a letter: Use brown paper or a brown paper grocery bag to make a Bible times letter. Use it as a prop as you tell the Bible story.

Demonstrate it: Get low to demonstrate humility or being humble. Stand tall and proud to demonstrate exalted.



THE STORY OF THE GOSPEL

2 REVIEW THE BIBLE STORY

SAY “ Why did Jesus become a man and come to earth? **[Allow responses.]** Jesus is God, but He left His throne in heaven to come to earth and live as a man. **Jesus became human to obey His Father’s plan and rescue sinners.** He was obedient to God even when it meant He would suffer and die on the cross. Anyone who trusts in Jesus will be forgiven of all their sins and get to spend forever with God in heaven.

When He became a human, Jesus made Himself low, like a servant. He was obedient to His Father’s plan to rescue sinners. The Bible tells us that God exalted Jesus because of His perfect obedience. What does exalt mean? **[Allow responses.]** God raised Jesus above every name on heaven and earth. Jesus will be worshiped and praised forever. Everyone will one day confess that Jesus is Lord.

When we trust Jesus as our Savior, we receive forgiveness of sins and life with Him forever. Those who are saved are given the Holy Spirit. Who does the Holy Spirit help us become more like? **[Allow responses.]** The Holy Spirit helps us become more like Jesus. As we follow Jesus, we become like a light shining in the darkness. We show others what Jesus is like by the way we treat others, how we trust the Lord, and by sharing the gospel. ”

3 CHRIST CONNECTION

SAY “ Jesus, the Son of God, humbled Himself by coming to earth as a man. Jesus never sinned, but He died on the cross to rescue people from their sins. Jesus rose from the dead and is alive! Everyone who trusts in Jesus has forgiveness and life with God forever. ”

(Tip: Use Scripture and the Gospel Plan Poster to explain how to become a Christian. Make sure kids know when and where they can ask questions.)

4 QUESTIONS FROM KIDS (3 minutes)

Show the “Unit 31, Session 5” questions from kids video. Prompt kids to discuss:

1. Who was Jesus before He became a man? Why did Jesus become a man?
2. How can you follow the example of Jesus and serve others?

5 MISSIONS MOMENT (3 minutes)

Display the “Jones Family Photo” as you tell the kids about the missionaries.

SAY “ The Jones family has served as missionaries in Leipzig, Germany, for over four years. Casey Jones encourages anyone interested in going on a mission trip to consider coming to Germany. Leipzig has a university where teens and young adults have opportunities to meet people their age and tell them about Jesus. Kids can also be involved in missions through kid-friendly events hosted by their church at a local park. These events help the people of the church get to know their neighbors and provide an opportunity to invite their neighbors to church. ”

Explain that another way we can help the Joneses in their ministry is to give to the Lottie



THE STORY OF THE GOSPEL

Moon Christmas Offering® for International Missions. Tell kids that these offerings go to support missionaries and help them share the gospel with others. Remind kids that we can also support Casey, Amy, and other missionaries through prayer. Close in prayer, asking God to strengthen the Jones family as they share Jesus with the people in Germany.

6 KEY PASSAGE ACTIVITY (5 minutes)

Show the key passage poster. Lead kids in reading aloud Isaiah 53:5 together.

SAY “ Jesus came to rescue people from their sins. Anyone who trusts in Jesus receives forgiveness of sins and will spend forever with God. ”

Lead kids to create a bookmark using a 2-by-6-inch piece of cardstock. Lead kids to copy the verse on the cardstock and decorate it with stickers and markers. Consider laminating the cardstock to make the bookmarks more durable.

Lead kids to sing “By His Wounds (Isaiah 53:5).” You may also choose to sing a worship song of your choice.

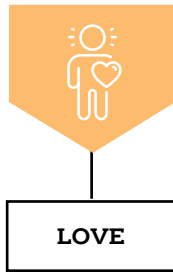
7 PRAY (2 minutes)

Invite kids to pray before transitioning to Love.

SAY “ Thank You, God for sending Your Son, Jesus, to die for our sins. Thank You that, through Jesus, we can have forgiveness and spend forever with You. In Jesus’ name, amen. ”

Transition from **LEARN** to **LOVE**





THE GOD OF THE GOSPEL

LOVE God by Applying the Story

1 REVIEW & BIBLE SKILLS (5 minutes)

Distribute Bibles and display the New Testament Mediterranean Map. Guide kids to open their Bibles to Philippians 2. Explain that the book of Philippians is a letter the apostle Paul wrote to a church in the city of Philippi. Tell kids some of Paul's other letters in the New Testament include Romans, 1 and 2 Corinthians, and 1 and 2 Timothy.

Consider pointing out the location of Philippi (C5) on the New Testament Israel Map. Choose a volunteer to read aloud Philippians 2:14.

SAY “The Bible tells us that anyone who follows Jesus shines like a light in a dark world. That means we should live differently than those who do not follow Jesus. One way we can live like Jesus is to obey without grumbling or complaining. We follow Jesus joyfully because we love Him and want others to know Him. We can happily put others first and model Jesus’ love for them.”

2 GROUP DISCUSSION (10 minutes)

Ask the following questions. Lead the group to discuss.

SAY “What makes Jesus different than any other man who lived on earth?”

Remind kids that **Jesus became human to obey His Father’s plan and rescue sinners**. Tell kids that Jesus faced every temptation to sin, just like we do. But unlike us, Jesus never sinned. He lived a perfect life without sin, which allowed Him to be the perfect sacrifice for our sins.

SAY “Why did Jesus make Himself low?”

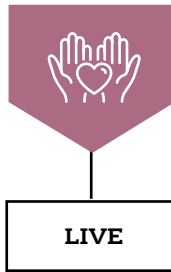
Prompt kids to remember that Jesus is God. Remind kids that even though Jesus is God, He chose to lay down His rights and honor to become a man. Help kids understand that He did this to rescue us from sin. Remind kids that we need a Savior because we cannot save ourselves. Encourage kids to thank Jesus for coming to rescue us from sin.

SAY “Jesus served us by laying down His life on the cross. How can we serve others and take care of one another?”

Answers will vary. Discuss how Jesus is our example of how we should serve and love one another. Remind kids that our hearts are transformed to be more like Jesus when we trust in Him. Prompt kids to think about practical ways they can serve their families, schools, friends, and church. For example, kids can choose to wash the dishes at home or pass out paper for their teacher.

Transition from **LOVE** to **LIVE**





THE MISSION OF THE GOSPEL

LIVE the Mission

1 ACTIVITY CHOICE (10 minutes)

☐ **OPTION 1: HIT THE POT**



Tell kids that in Germany, a common kid's birthday party game is called Topfschlagen (Tohpf-SHLAH-gehn), translated "Hit the Pot." Blindfold a volunteer and give him a wooden spoon. Place a cooking pot somewhere in the room, flipped over with wrapped chocolate candy underneath. Tell the kid that he must crawl around the room while tapping his spoon on the floor, trying to locate the pot. Explain that once he finds the pot, he can take off his blindfold and turn the pot over to uncover the gift.

Continue playing until each kid has had a turn to locate the pot. For larger groups, consider placing two pots around the room and allowing two kids to locate a pot at the same time.

SAY “ The best gift we can ever receive is the gift of eternal life through faith in Jesus. Let's pray for the people of Germany to hear and believe in the good news of Jesus. ”

☐ **OPTION 2: EASTER TRAIL MIX**



Invite kids to sit around tables and distribute a paper towel and sandwich bag to each kid. Lead kids to make Easter trail mix that helps tell the story of Jesus dying on the cross for our sin. Distribute each food item one at a time and explain what each represents.

First, pass out pretzel sticks and share how the pretzel sticks can be used to make a cross and remind us of Jesus paying for our sins. Next, distribute raisins or craisins which remind us of Jesus' blood. Then distribute round crackers to remind us of the stone that was rolled away when Jesus rose. Distribute fish crackers which remind us that we should go and tell others about Jesus and be "fishers of men." Finally, distribute mini marshmallows to remind us that our sins are forgiven because of Jesus. Invite kids to create a bag to take home.

SAY “ Jesus died on the cross to rescue people from their sins. I hope that you will take this Easter Trail Mix home and use it share the good news with someone today. ”

2 REFLECTION AND PRAYER (5 minutes)

Distribute a sheet of paper and pencil to each kid. Ask the kids to write about or draw a picture to answer the following questions:

- What does this story teach me about God or the gospel?
- What does this story teach me about myself?
- Who can I tell about this story?

Be sure to send the sheets home with the kids along with the activity pages so parents can continue to discuss the Bible story with their kids.

If time remains, take prayer requests or allow kids to complete the Bible story coloring page. Pray for your group.