



Unit 31 | Session 5

# JESUS SUFFERED FOR US

## Philippians 2

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.



## 1 WELCOME TIME

Greet each preteen 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.

- **Have you ever made a mistake?**
- **What are some ways you tried to fix your mistake? Did anything work?**

## 2 SESSION STARTER

### ☐ OPTION 1: OTHERS-FOCUSED



Form kids into groups of three or four and a piece of paper and a pencil. Ask groups to write down three ways they can be others-focused toward people they know at their school, home, or community. For example, kids may write choosing to let their friend play a video game first or offering to clean up their sibling's room. Allow a few minutes for groups to write down their examples. Then allow groups to share their ideas.

**SAY** “ We’re naturally drawn to serve ourselves. Yet, Jesus always put others first. Ultimately, Jesus demonstrated what it means to put others first by laying down His life and suffering for our sins on the cross. Today, we will learn more about Jesus’ sacrifice and how we can follow His example to put others before ourselves as we live to glorify God. ”

### ☐ OPTION 2: UPSIDE DOWN

Before the session, scatter 15–20 cups around the room right side up. Form kids into two teams. Explain that teams will compete to see who can turn all the cups upside down the fastest.

On your start, direct the first team to begin flipping the cups upside down. Use a stopwatch or timer to time them. Record their time once all the cups have been flipped upside down. Then turn the cups right side up and begin again with team two.

**SAY** “ The kingdom of God looks upside down from the ways of the world. When the world tells us to put yourself first and live for your own desires, God’s way teaches us to put others first and live for Jesus. Today, we will learn how Jesus’ life and death displayed humility as He followed God’s plan to die for our sins. He put us above His own interests so that we could be saved from our sins. ”



## THE STORY OF THE GOSPEL

### 1 TELL THE BIBLE STORY

The Bible tells us what is true about God and about ourselves. All of the stories in the Bible fit together to tell us the big story of how God rescues sinners through His Son, Jesus.

Today we are going to hear about how Jesus suffered for us. Whether this is your first time or your tenth time hearing this story, there is always something new to learn in God's Word.

#### Read from Philippians 2.

##### •What does this story teach us about God?

**Jesus is God, but He left His throne in heaven to come to earth and live as a man.** He became thirsty and hungry. He got tired. He was even tempted but unlike us, He never sinned. He became a servant and was obedient to God even when it meant He would suffer and die on the cross.

##### •How does the Bible say we are supposed to live as followers of Jesus?

Believers are representatives of God to the world. We are called to look different from the ways of the world, 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.**

Form groups of two or three and practice retelling the Bible story in your own words. Think of someone you could share the story with this week.

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### 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.



## THE STORY OF THE GOSPEL

### 2 MISSIONS MOMENT

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

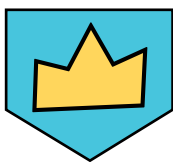
### 3 PRAY

Thank You, God, for sending Jesus to save us from our sins. Thank You for providing forgiveness and eternal life to anyone who trusts in You. Help us share this good news with others. In Jesus' name, amen.

## THE GOSPEL

### GOD'S PLAN FOR ME

The gospel is the good news, the message about Christ, the kingdom of God, and salvation. Use Scripture and the guide provided below to explain how to become a Christian. Make sure kids know when and where they can ask questions.



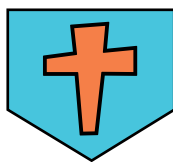
#### GOD RULES.

Ask: "Who is in charge at home?" Explain that because God created everything, He is in charge of everything. Read Revelation 4:11.



#### WE SINNED.

Ask: "Have you ever done something wrong?" Tell kids that everyone sins, or disobeys God. Our sin separates us from God. Read Romans 3:23.



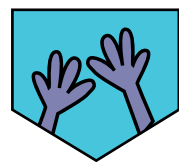
#### GOD PROVIDED.

Explain that God is holy and must punish sin. God sent His Son, Jesus, to take the punishment we deserve. Read John 3:16.



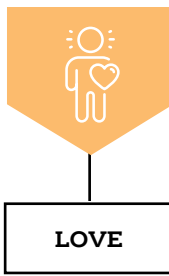
#### JESUS GIVES.

Ask: "What is the best gift you've ever received?" Say that Jesus took our punishment for sin by giving His life, and He gives us His righteousness. God sees us as if we lived the perfect life Jesus lived. This is the best gift ever! Read 2 Corinthians 5:21.



#### WE RESPOND.

Explain that everyone has a choice to make. Ask: "Will you trust Jesus as your Savior and Lord? You can turn from self and sin and turn to Jesus." Read Romans 10:9-10.



## THE GOD OF THE GOSPEL

### 1 THINK ABOUT THE STORY

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

### 2 GROUP DISCUSSION

Distribute Bibles. Guide preteens to open their Bibles to Philippians 2. Choose a volunteer to read aloud Philippians 2:5-8. Remind preteens that through His life and death, Jesus modeled for us what it looks like to perfectly love God and others. Remind kids that as Jesus' followers, we are called to live as He lived. Tell kids that when we do, we show our love for God and people.

Choose another volunteer to read aloud Philippians 2:5-8 again. Then lead the group to discuss the following questions.

#### 1. How did Jesus show humility?

Tell kids that humility is an attitude of obedience to God and gentleness toward other people. Remind kids that the humble person is willing to help others and put their needs first. Discuss how Jesus humbled Himself by leaving heaven to come to earth as a man and die for our sins. Tell kids that He was obedient toward God and also showed love toward sinners. (Option: Choose a volunteer to read Phil. 2:3.)

#### 2. Why is obedience to God important?

Remind kids that our obedience to God does not save us but it does show our love for Him. Tell kids that only Jesus perfectly obeyed God and only faith in Him saves us from sin. Discuss how we obey willingly, without grumbling, out of love for the Lord and thankfulness for all He has done. (Option: Choose a volunteer to read Phil. 2:12-15.)

#### 3. How can we shine like lights in a dark world?

Discuss how following Jesus' example of humble service and obeying God's Word makes us stand out in the world. Remind kids that the world's ways often mean self-exaltation, yet God calls us to humble ourselves and exalt Jesus. Tell kids that when we are willing to put others first we are glorifying God. (Option: Choose a volunteer to read Matthew 5:14.)

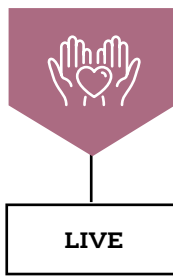
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### BIG PICTURE QUESTION

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

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## THE MISSION OF THE GOSPEL

### 1 KEY PASSAGE ACTIVITY

Instruct kids to open their Bibles to Isaiah 53:5. Lead them in reading the key passage aloud together. Tell kids that the key passage reminds us that Jesus suffered for us. Remind kids that Jesus came to rescue people from their sins. Tell kids that anyone who trusts in Jesus receives forgiveness and will live forever with God.

Write the key passage on two dry erase boards, leaving blank spaces for 8–10 words. Form kids into two teams and provide each team with a dry erase marker. Direct teams to send kids one at a time to their board to fill in the missing words. The first team to correctly fill in the missing words wins.

### 2 PRAY

Invite volunteers to share prayer requests. Then pray, thanking God for sending Jesus to rescue us from our sins.

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### ADDITIONAL ACTIVITY

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### LAST TO FIRST

Before the session, write the words from the big picture answer on 11 index cards and place them at the front of the room. Create two sets. Form kids into two teams and direct each team to line up. Lead kids in a relay race by sending the last kid in each line to grab an index card, run back to their team, and stand first in the line. Continue sending kids at the back of line until all kids have gone. Then lead teams to pass their cards to the last person in line, who will assemble the cards in the correct order.

Remind kids that **Jesus became human to obey His Father's plan and rescue sinners.** Tell kids that He humbled Himself and was willing to suffer on the cross to save us from our sin. Share how Philippians 2:9 reminds us that God has exalted Jesus above every name because of His perfect obedience. Tell kids that the Bible also teaches that like Jesus, when we show humility, God will exalt us. Discuss how we can trust that when we seek to glorify Jesus and follow His ways, God will honor us.