

# Upside Down: Treat others the way Jesus treats you.

## DAY 1

### Salt of the Earth

*“You are the salt of the earth. But suppose the salt loses its saltiness. How can it be made salty again? It is no longer good for anything. It will be thrown out. People will walk all over it” (Matthew 5:13 NIV).*

Jesus said that you are the salt of the earth. That means you can add value or make a difference in the world around you. It’s about showing others who Jesus is by allowing Him to work IN you. It’s His spirit, His Holy Spirit, living inside you that allows you to stand up for what is right and show others who He is. And when you allow the Holy Spirit to guide you and to help you do the right thing, you can make a big difference in this world.

Ask your grown-up to cook something WITHOUT adding salt. How do they taste? Now add a little bit of salt. What difference does the salt make? Just like the salt makes your food taste better, we should ask God to help us make the world a better place too.

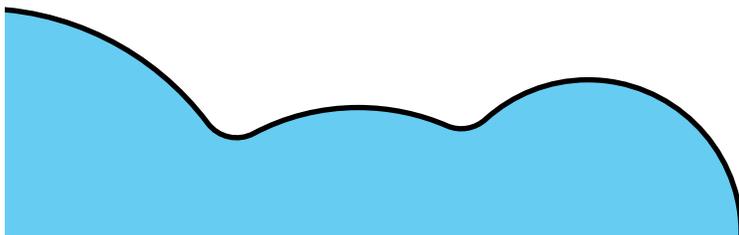
## DAY 2

### Others First

*“Don’t do anything only to get ahead. Don’t do it because you are proud. Instead, be humble. Value others more than yourselves. None of you should look out just for your own good. Each of you should also look out for the good of others” (Philippians 2:3-4 NIV).*

Think about your morning routine. You jump out of bed, throw on your clothes, scarf down your favorite cereal, brush your teeth, and then run like crazy to the bus stop. At any point did you stop and think about putting someone else first?

Grab a piece of cardboard or heavy paper. Cut it into a rectangle to look like a license plate. Draw a thin border around the edge. In the center, write “U B4 ME” (translation: “You before me.”) Put your license plate in place where you will see it every morning as a reminder to choose to put someone else first!



There's More! →

DAY 3

## The Golden Rule

*“In everything, do to others what you would want them to do to you. This is what is written in the Law and in the Prophets” (Matthew 7:12 NIrV).*

Have you ever heard of the “golden rule”? The golden rule says to treat others the way you want to be treated. It’s not hard to think about how you would want someone to treat you, right? Of course not! You want people to be kind to you, to listen when you talk, to laugh when you say something funny, to help you when you need it. When it comes to showing humility, one of the best things you can do is remember the golden rule and to put it into practice. Think about how you would want someone to treat you and then treat the person with you the same way!

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Grab a piece of paper and some crayons. Draw a long, thin rectangle to look like a ruler. Inside the ruler, write today’s verse. Then color the ruler yellow or gold with a crayon or marker.

DAY 4

## Just Like Jesus

*“I, your Lord and Teacher, have washed your feet. So you also should wash one another’s feet. I have given you an example. You should do as I have done for you” (John 13:14-15 NIrV).*

You know what can get REALLY stinky? Your feet! Ever smelled a pair of soccer cleats after a two-hour practice? Gross!

But feet got way dirtier in Jesus’ day. Because you had to walk everywhere you went, and your feet were only protected by sandals, everything on the road made its way onto your feet. When Jesus grabbed a towel and got down on His hands and knees, the disciples couldn’t believe it! And when He was finished, Jesus said: “You should do as I have done.”

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Jesus didn’t mean we should wash everyone’s stinky feet. But we should be willing to serve when we have an opportunity. What is ONE way you could serve someone like Jesus did at home, at school, and in your friend group this week?

Jesus showed us how to be humble.