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QUESTIONS FOR FURTHER REFLECTION:

1. Who is someone you know that you would describe as a humble person? What makes them humble? How does that impact you?

2. How is prayer an expression of trusting God? What does your prayer life say about how well you're trusting God right now? (Did you try Skin's 30-day prayer challenge?)

3. What are you anxious about right now? How can you cast that upon Christ?

4. Read **Philippians 2:5-11**. According to this passage, how was humility manifested in Jesus? What was the result?

5. Read Ephesians 6:10-18. What "armor" has God given us to protect ourselves from spiritual attacks? Which of these do you need to put on? Why do you think there is such a connection between humility and spiritual protection?

