

# RELATIONSHIP RULES

## Lay Aside My Pride

Sunday, February 1, 2026 | Tommy Duke

First Baptist Church of Garden City

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### Memory Verse:

*“Always be humble and gentle. Be patient with each other, making allowance for each other’s faults because of your love.” – Ephesians 4:2*

**Relationship Rule #1:** Love Like Jesus

**Relationship Rule #2:** \_\_\_\_\_

*“Pride goes before destruction, and haughtiness before a fall.” – Proverbs 16:18*

*“Pride leads to conflict; those who take advice are wise.” – Proverbs 13:10*

*“Pride leads to disgrace, but with humility comes wisdom.” – Proverbs 11:2*

*“Pride ends in humiliation, while humility brings honor.” – Proverbs 29:23*

### HOW TO HUMBLE MYSELF TO BRING PEACE IN MY RELATIONSHIPS

- **HUMBLE MYSELF BEFORE** \_\_\_\_\_.

*“Humble yourselves before the Lord, and he will lift you up in honor.” – James 4:10*

- **HUMBLE MYSELF BY** \_\_\_\_\_.

*“Don’t use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.” – Ephesians 4:29*

*“For wherever there is jealousy and selfish ambition, there you will find disorder and evil of every kind.” – James 3:16*

• **HUMBLE MYSELF BY** \_\_\_\_\_.

*“Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged.” – 1 Corinthians 13:4-5*

• **HUMBLE MYSELF BY** \_\_\_\_\_.

*“People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy.” – Proverbs 28:13*

• **HUMBLE MYSELF BY** \_\_\_\_\_.

*“Don’t be selfish; don’t try to impress others. Be humble, thinking of others as better than yourselves. Don’t look out only for your own interests, but take an interest in others, too.” – Philippians 2:3-4*

**12 Actions of Humility**  
(Adapted from St. Benedict’s  
“The Twelve Steps to Humility”) ~500 AD

- Intentionally seek humility as an act of obedience.
- Seek God’s will above my own will. (John 6:38)
- Confess your sins to God quickly. (1 John 1:9)
- Persevere through sickness and affliction quietly. (Romans 8:37)
- Study God’s word and live it out daily.
- Practice praising and complimenting others.
- Use my gifts and talents to serve others.
- Plan regular times of fasting.
- Be a friend to others who are going through humbling times.
- Restrict my sarcasm.
- Speak gently and practice silence.
- Be modest in my appearance and actions.

*See also John 6:38; Romans 8:37; 1 John 1:9; Psalm 22:6; Proverbs 10:14,19;  
Luke 18:13; Luke 14:11; Psalm 131:1-2.*

• **HUMBLE MYSELF BY** \_\_\_\_\_.

*“And he gives grace generously. As the Scriptures say, ‘God opposes the proud but gives grace to the humble.’ So humble yourselves before God. Resist the devil, and he will flee from you.” – James 4:6-7*

*“Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land.”  
– 2 Chronicles 7:14*

**MY NEXT STEP TODAY IS TO:**

- ☐ Memorize Ephesians 4:2.
- ☐ Humble myself by surrendering my relationships to God.
- ☐ Sign up to get Baptized *next* Sunday, February 8, during the 11am service.
- ☐ Plan on attending next Sunday's Super Bowl Party at FBC.
- ☐ Sign up for Spring Growth Group #: \_\_\_\_\_



*Bible verses are from the New Living Translation (NLT) unless otherwise noted.*

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