



## Healing our Hearts with Faith, Hope & Love

### Life groups Notes

#### #4 Building a Heart of Humility

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February 2020

1. Read Matthew 5:3. The "poor in spirit" is being interpreted as humble in spirit.
2. Jesus humbled Himself. Read and discuss these Scriptures:  
Philippians 2:8  
Matthew 16:21-28  
Hebrews 12:2
3. We are called to humble ourselves: read James 4:10.
4. Discuss: What does it mean to be humble? Is this weakness or strength?
5. We are called to submit to Jesus as an act of true humility. Our submission is not to:
  - a. our culture (Romans 12:2)
  - b. our desires (Romans 8:5-6)
  - c. our money (Matthew 6:24)
6. Healing the heart with humility involves:
  - a. LISTENING: Read James 1:19.
    - i. Listen to the heart of God. (How do I know it's God's heart?)
    - ii. Listen to the heart of others. (Is it just others' words?)
    - iii. Discuss: do you find it hard to truly listen?
  - b. WAITING: Read Matthew 26:40.
    - i. What does it mean to wait with Jesus?
    - ii. Note: Patience can be an act of humility.
    - iii. Discuss: Our timing versus God's timing. Jesus came at the exact right time (Galatians 4:4)
    - iv. Discuss: When Jesus does it in His timing, our hearts are healed.

- c. LIBERATE: When we listen to God and wait on His timing we are set *free* to be the sons and daughters of God.
  - i. Humility involves freedom from self, culture and the love of money. Discuss.

7. We are blessed because we are participating in the will of the Father.  
The Father God is well pleased with us.

- a. Read: Romans 5:1  
2 Corinthians 3:17  
John 8:36  
Ephesians 3:12  
1 Peter 2:16

- b. Discuss: Does humility allow God to work in us? In others?

Note: We grow in humility over a lifetime!