

"The Humble In Heart"

- Opening Announcements
- Opening Prayer (September 11)

Q: What IS humility? Why is humility powerful?

Q: What is pride/arrogance? Why is it repulsive?

Q: What is one way to develop/foster an attitude of humility?

Table Time...

READ: Jeremiah 17:9-10 "The heart is deceitful above all things, and desperately sick; who can understand it? ¹⁰ "I the Lord search the heart and test the mind, to give every man according to his ways, according to the fruit of his deeds."

Q: In this passage, what does God say about the "heart"?

Q: How have you seen this to be true?

Q: According to verse 10, what does God "do"?

Q: What is "test the mind" mean? What is the benefit of "testing"? (Hint: "Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect." - Romans 12:2)

READ: Proverbs 16:18-19 "Pride goes before destruction, and a haughty spirit before a fall. ¹⁹ It is better to be of a lowly spirit with the poor than to divide the spoil with the proud."

Q: Why does "pride" go before destruction?

Q: What is a "haughty" spirit?

Q: What does this teach us about the difference between humility and pride?

Big Group Debrief...

READ: Matthew 11:28-30 "Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me, **for I am gentle and lowly in heart**, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light."

Q: What is the characteristic of Jesus in verse 29? Why do these characteristics receive "rest for your souls"?

Q: Why do we need to "learn" humility from Jesus? (Hint: Jeremiah passage above)

Q: Why is Jesus' "yoke" "easy and his burden light"?

READ: Philippians 2:4-8 "Let each of you look not only to his own interests, but also to the interests of others. ⁵ Have this mind among yourselves, which is yours in Christ Jesus, ⁶ who, though he was in the form of God, did not count equality with God a thing to be grasped, ⁷ but emptied himself, by taking the form of a servant, being born in the likeness of men. ⁸ And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross."

Q: What does verse 4 and "service" have to do with each other?

Q: What was the "mind" that is "ours in Christ"? How is humility a key characteristic of being a Christ follower?

Q: According to verses 6-8 what did Jesus do for us?

Q: How is "obedience" and humility connected?

READ: 1 Peter 5:5-7 "Likewise, you who are younger, be subject to the elders. Clothe yourselves, all of you, with humility toward one another, for "God opposes the proud but gives grace to the humble." ⁶ Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, ⁷ casting all your anxieties on him, because he cares for you."

Q: What does "being subject" mean in verse 5? How is that a sign or action of humility?

Q: According to verse 5, "how" do we receive grace?

Q: Why do you think God "gives grace" to the humble?

Q: What are some practical ways to "humble ourselves"