

Ice Breaker

 (in groups of 2 or 3 for larger groups)

Share something about you from your childhood that you're proud of.

Talk About It!

Part 1

Philippians 2:1–4 NLT

Is there any encouragement from belonging to Christ? Any comfort from his love? Any fellowship together in the Spirit? Are your hearts tender and compassionate? 2 Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose. 3 Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. 4 Don't look out only for your own interests, but take an interest in others, too.

Discuss:

(Re-read Philippians 2:3-4 three times)

How are these directives counter-cultural? In what ways are they difficult to live out?

Part 2

James 4:6, 10 NLT

6 And he gives grace generously. As the Scriptures say, "God opposes the proud but gives grace to the humble.

10 Humble yourselves before the Lord, and he will lift you up.

1 Peter 5:5–6 NIV

5 In the same way, you who are younger, submit yourselves to your elders. All of you, clothe yourselves with humility toward one another, because, "God opposes the proud but shows favor to the humble."

6 Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. 7 Cast all your anxiety on him because he cares for you.

Matthew 23:12 NIV

For those who exalt themselves will be humbled, and those who humble themselves will be exalted.

Discuss:

A. Why is humility so attractive to God?

B. What are God's promises associated with the choice to be humble?

Part 3

Discuss:

Each person read one of the following verses below, and then discuss each one with this question:
How is humility valuable and wise?

Psalm 147:6 NLT

The Lord supports the humble, but he brings the wicked down into the dust.

Psalm 149:4 NLT

For the Lord delights in his people; he crowns the humble with victory.

Isaiah 57:15 NLT

The high and lofty one who lives in eternity, the Holy One, says this: “I live in the high and holy place with those whose spirits are contrite and humble. I restore the crushed spirit of the humble and revive the courage of those with repentant hearts.

Isaiah 29:19 NLT

The humble will be filled with fresh joy from the Lord. The poor will rejoice in the Holy One of Israel.

Proverbs 15:33 NLT

Fear of the Lord teaches wisdom; humility precedes honor.

Proverbs 18:12 NLT

Haughtiness goes before destruction; humility precedes honor.

Part 4

Proverbs 29:23 NLT

Pride ends in humiliation, while humility brings honor.

Proverbs 29:5 NLT

To flatter friends is to lay a trap for their feet.

Proverbs 22:4 NLT

True humility and fear of the Lord lead to riches, honor, and long life.

Discuss:

What is your experience with humility versus selfish ambition or arrogance—personally or in what you’ve seen in others?

Part 5

Discuss:

- A. What misconceptions have you had about humility, and what new perception do you have about humility?
- B. What step do you need to take to keep or deepen humbleness of heart?

Part 6

Philippians 2:5-11 NLT

5 You must have the same attitude that Christ Jesus had. 6 Though he was God, he did not think of equality with God as something to cling to. 7 Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human form, 8 he humbled himself in obedience to God and died a criminal's death on a cross. 9 Therefore, God elevated him to the place of highest honor and gave him the name above all other names, 10 that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, 11 and every tongue declare that Jesus Christ is Lord, to the glory of God the Father.

Discuss:

Share why the humility of Jesus matters to you personally.