



Life Issues Part 2 of 5: Humility

Humble Pie

Opening up! Connecting with each other: This is a chance to catch up with one another. You might want to reflect upon what you have learned about yourself as a person of integrity in the past week and explore how you can continue to support one another and 'keep on the right track'.

Listening in! Humility: The dictionary definition of humility is being modest and respectful. It is not a weakness to be humble; rather, an opportunity to radically impact upon the world around us. However, society as a whole seems to be telling us the exact opposite. We see celebrities desperate to be on the front cover of every newspaper or magazine and constantly pushing themselves in front of cameras, we see greed and dog-eat-dog attitudes of some in the business and political spheres of society. As Christians we need to not only survive in that environment, but also to be Christ like. One way that Christians can show their humility is to put others first – at home, work, with our friends, at church, and wherever God places us.

Discuss: Do you feel that you show humility in each of those places? What are the challenges you face and the joys you experience? In the light of where you have been this week, talk about the practical ways in which you have demonstrated humility and how you feel it has shaped you. Discuss how you can support each other to maintain humility in challenging circumstances. If we are walking with God, we must learn to walk 'humbly' with Him. If we are still taking steps towards Him, we need to learn about humility and put it into practice.

Read Philippians 2 3-8 together. This passage challenges us to think about how we can practice humility and what impact this can have on those around us. Paul made Himself a humble servant.

- What does this passage tell us about why we should be humble? Why should we put others before ourselves? Do you consciously do this or do you struggle? Reasons why we should be humble as Christians include:

People will notice you for the right reasons Practising humility and looking to the interests of others makes people sit up and take notice! If we want other people to know about God, then putting them first is a great place to start. They might then ask you why you acted in the way that you did.

You will have an impact If we put others first, our actions have a great influence! When we put ourselves first, the only person to be impacted is us. By putting other people first, lots of people can be impacted.

Scripture tells us to 'Consider others better than yourselves', 'give them more honour'.

Take some time to reflect individually upon how you could 'give more honour' to others at home, at work, with friends, at church. Share your thoughts with the group. Now let's look at Jesus' attitude: how did he treat people? **Read the following passages together.**

John 13: 2-8 (Jesus washed his disciples' feet; he made himself a servant.)

Matthew 8:1-4 (Jesus mixed with, and healed, a leper; he values someone who is rejected by most others.)

Matthew 19:16-22 (Jesus is not materialistic; he values people more than things). How can we be like him?

- We can serve others – family, friends, work colleagues etc.
- We can value those that others ignore.
- We can value people more than material things.

Digging deeper: If you have time, you may wish to look at another example of humility – Daniel (see attached).

Looking Out: Now and Later People need to see us acting like Jesus. Having explored Jesus' attitude and looked at how he behaved, now might be a good time to reflect upon our own attitudes and behaviour and ask ourselves honestly how we can be more humble and more Christ-like. Take a piece of paper, prepared in advance. On one side should be the word 'BEFORE' and on the other side, the word 'AFTER'. Think about an area in your life, or a particular situation you often find yourself in, where you know you need to change in order to put other people first. Once you have decided, write on the piece of paper, under the word 'BEFORE', how you act now and, under the word 'AFTER', what it is that needs to change. It may also be helpful to write the key verse on the paper to remind yourself during the week as to why it is important to show humility: **'...Consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others'. Philippians 2:3-4.** Gather your thoughts and offer them to God in prayer to close your time together.