



Journal

Chapter 30: HUMILITY

Personal Study

Last week you examined the virtue of gentleness. Perhaps you were challenged to be more calm, thoughtful, and considerate in tough situations. This week before your group meeting, read *Believe, Chapter 30: Humility*. Then take some time to allow the Scripture to enter your mind and open your heart to the lessons God wants to teach you.

Read

Read *Believe, Chapter 30: Humility* and answer the following questions.

1. Describe the common patterns found in these verses.

2. As you read this chapter, what questions came to your attention?

3. What did you read that stunned you?

Challenged you? _____

Motivated you? _____

4. In what ways is Jesus' life the ultimate example of humility?

5. Why do you think God opposes the proud?

6. How have you seen God give favor to the humble?

Evaluate

Based on your reading from Believe, Chapter 30: Humility, evaluate your level of confidence in the statements below, using a scale of 1 - 6 (1 = no confidence, 6 = complete certainty).

_____ As a child of God, I do not think too highly or too lowly of myself.

_____ I am not known as a person who brags.

_____ I am willing to make any of my faults known to Christians who care for me.

_____ I am not upset when my achievements are not recognized.

Take Action

Memorizing Scripture is a valuable discipline for all believers to exercise. Spend a few minutes each day committing this week's Key Verse to memory.

Key Verses: “Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.” (Philippians 2:3 – 4)

Recite this week’s Key Idea out loud. As you do, ask yourself, “Does my life reflect this statement?”

Key Idea: I choose to esteem others above myself.

Answer the following questions to help you apply this week’s Key Idea to your own life.

1. How could this virtue express itself in your life?

2. What visible attributes can be found in persons who esteems others above themselves?

3. What is impeding your ability to value others above yourself?

How can you overcome this obstacle?

4. What action step can you take this week to reject pride and grow in humility?
