Humbleness
(www.mensgroup.org—“Original Study”)

PRAY: A suggested opening prayer for small group members or individuals to invite God to connect as we seek Him in His Word. Feel free to add your own words, “in prayer”.

Lord, our prayer is that I/we experience more grace in our lives and through Scripture. Teach me/us what it means to be truly humble. We realize being humble is “not a natural human feeling” and I/we desperately need your Divine intervention in becoming more like you. Amen.

READ: Scripture Reference (Ephesians 4:1-6)

1 As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. 2 Be completely humble and gentle; be patient, bearing with one another in love. 3 Make every effort to keep the unity of the Spirit through the bond of peace. 4 There is one body and one Spirit, just as you were called to one hope when you were called; 5 one Lord, one faith, one baptism; 6 one God and Father of all, who is over all and through all and in all. Holy Bible New International Version

Key Verse 2. “Be completely humble and gentle; be patient, bearing with one another in love.”

What are the key character qualities offered in this verse? Which do you think is most important and why?

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Every virtue in a Christian’s life begins and ends with Christ’s love. Being humble is challenging unless we have accepted Christ into our lives as our Savior. By accepting Christ into our hearts, we are filled with the Holy Spirit and the overwhelming Love of God. Unless we have “God’s Love” in our hearts and souls, it is impossible to be “truly humble” and show “true grace” to others.

As sinners, we are much more likely to act: prideful, opinionated, egotistic, judgmental, envious, fault finding, arrogant, disdainful, haughty, coveting, greedy, spiteful, autocratic, hard headed and vain rather than humble. As humans, we “naturally” act sinful without God’s help.

In the Bible there are many Scripture references regarding humbleness, especially humbleness versus arrogance and pride. It says in Isaiah 2:11, “The eyes of the arrogant will be humbled and
human pride brought low; the Lord alone will be exalted in that day”. In James 4:6 it says, “But he gives us more grace. That is why Scripture says: God opposes the proud but shows favor to the humble.” Holy Bible New International Version

Because we are ALL sinners, it is not our natural makeup or ability to be humble. It is impossible without some outside help. The outside help is God. Only God makes us humble through His Love and Grace so we can personally display the true power of being humble.

**REFLECT:** Two questions to help me/us pause to consider how this passage applies to my/our life.

1. Do you normally equate influence with power? Do you believe that humbleness can be just as powerful or even more? Why or why not?

2. How has God opened your eyes how pride affects my/your relationships with others? What can I/you personally do to bring humbleness into my/your life? What do you think is the first step?

**RESPOND:** An application challenge for the reader or Small Group Members to put into practice in the next week.

When faced with a situation in the next week where I/we might normally respond with pride of achievement or accomplishment, help us Lord to be more humble in our actions and responses to other people.

With God’s help we remember that Jesus humbled himself before he was crucified by washing the feet of his Disciples. He “took up the towel” and graphically showed by serving and humbling ourselves to others the true power of God’s Love.

We will pray daily for wisdom in becoming more humble and showing humbleness to others.

**DISCIPLESHIP STUDY QUESTIONS:**
Three discussion questions based on Scripture that encourages discussion or personal reflection.

1. **2 Chronicles 7:14** says, “if my people, who are called by my name, will humble themselves and
pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.” What does this Scripture tell you regarding the connection between humbleness, forgiveness and Heaven?

Are you surprised about the importance and powerfulness of being humble? Why or why not?

2. Luke 18:4 says, “I tell you that this man, rather than the other, went home justified before God. For all those who exalt themselves will be humbled, and those who humble themselves will be exalted.” Luke 14:11 says, “For all those who exalt themselves will be humbled, and those who humble themselves will be exalted.” Mathew 23:12 says, “For those who exalt themselves will be humbled, and those who humble themselves will be exalted.” Holy Bible New International Version

Why do you think similar Scripture is used THREE times?

3. Romans 12:3 says, “For by the grace given me I say to every one of you. Do not think of yourself more highly than you ought, but rather think of yourself with sober judgement, in accordance with the faith God has distributed to each of you.” Holy Bible New International Version

Based upon this Scripture, there appears to be a connection between being humble and having grace. What do you think is the connection and why?

Suggested Closing Prayer.

Lord, please help me/each of us to become more humble by “taking up the towel.” Give me/us the strength and wisdom to become less prideful, less arrogant and less egotistic. When praying I/we will be open to hearing your soft words of wisdom leading us to become more like you.

All our Blessings,
Men’s Group Foundation, Inc.
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