



Philippians 2: 3-4 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.

Matthew 28: 18-20

Then Jesus came to them and said, “All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”

John 13: 1-6

It was just before the Passover Festival. Jesus knew that the hour had come for him to leave this world and go to the Father. Having loved his own who were in the world, he loved them to the end.

The evening meal was in progress, and the devil had already prompted Judas, the son of Simon Iscariot, to betray Jesus. Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. After that, he poured water into a basin and began to wash his disciples’ feet, drying them with the towel that was wrapped around him.

6 He came to Simon Peter, who said to him, “Lord, are you going to wash my feet?”

Galatians 5:22-26 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit. 26 Let us not become conceited, provoking and envying each other.

Icebreaker

Tell about a time you remember skiing, tubing, or going for a boat ride.

Conversation Starters

- What is stronger right now? The turbulence out there? Or the turbulence inside of you?
- How would you describe humility (no right or wrong answers--just your thoughts?)
- Dave used this definition of humility. **Humility is the noble choice to forgo your status, deploy your resources or use your influence for the good of others before yourself.** He went on to say, “It is a choice, not a feeling, not a way of thinking, not an image to portray, not a way of thinking or attitude, not a way to think about ourselves.” What changes when you consider humility as a choice to make?
- **Have someone read Matthew 28: 18-20**, the last words Jesus gives his disciples. How does remembering Jesus' ultimate authority help you choose humility? What assignments has Jesus given you? How do you use Jesus' authority to do your assignment?
- **Have someone read John 13:1-6** Can you name and describe a humble person and a situation where you've seen their humility?
- What are some primary hurdles which keep you from practicing/choosing greater humility?
- What positive steps might help you move forward in humility?

- Who is a person in your life that would benefit from you practicing humility by allowing them their own journey?
- **Have Someone read Phil. 2:3-4** Practicing humility requires inner strength. How might you increase your inner strength? How will you know when it is happening? What does the fruit of the Spirit look like in your life?