



A Humble Life – Message 3

Warm-up

How do you define humility? Who is someone you would describe as humble? What are some things that they do to put others first?

Overview

As we continue the third lesson in the series, *You'll Get Through This*, we learn the characteristics that helps us lead a humble life. "Humility is not thinking less of yourself; rather, it is thinking of yourself less."

Word and Application

Read Mark 10:45 and Colossians 3:12.

As Christians, we want to personify the characteristics of Christ. When Jesus Christ came to earth, He showed us numerous examples of what it means to be humble. Christ led a humble life, and we can do the same through the strength and power that He gives us. Living a humble life involves us believing in others even during times when they don't believe in themselves. Like Christ, the apostle Paul helped others see in themselves their God-given dreams. As we love and care for others, we can help them achieve their God-given dreams. Share with the group a time when you helped someone believe in themselves and go on to fulfill their God-given dreams.

Characteristics of a Humble Person

Which characteristics below do you most identify with? Which areas do you need to grow in?

A humble person...

- Is teachable.
- Is at peace.
- Is grateful.
- Is slow to offend & quick to forgive.
- Asks for help.
- Treats everybody with respect.
- Is patient.
- Recognizes the need for strength from Christ.
- Celebrates the accomplishments of others.
- Always seeks to grow closer to God.

Three Characteristics of a Dream Releaser

1. The heart of a dream releaser.

Living a humble life means having a heart full of encouragement, love, affection, mercy, and compassion. Having a heart for others means that we avoid doing things out of selfishness or pride. Having a heart for others means that we feel what Christ would feel for the person.

Read Philippians 2:1-4. What should our heart feel for others? How does Paul tell us to treat others? If someone asked why you go out of your way to help others, how would you respond?

2. The head of a dream releaser.

For us to follow the example of humility that Christ modeled for us, we need to think like Christ.

Read Philippians 2:5. Walking in humility means that we are led by the Holy Spirit. When we change our minds, God will change our hearts. What does it mean to have the “mindset of Christ?”

Read Psalm 139:14. God made us in His image, and He loves us. When God looks at us, what does He see? How does having the “mindset of Christ” change your perspective of God, yourself and others? How can we see “difficult people” as God does?

3. The hands of a dream releaser.

Walking in humility means that we are obedient to what God tells us to do for others. **Read Romans 5:18.** Jesus showed us the greatest form of obedience when he died on the cross for us. God will show us how to practically meet the everyday needs of others around us. Helping people fulfill their dreams will not always be easy. Sometimes it will be challenging and inconvenient for us. What do you feel God telling you to do for someone else to help them fulfill their God-given dream? Write down two action steps to do what God has called you to do.

Life Challenge

- This week obey the leading of the Holy Spirit to help someone fulfill their dream.
- Choose one scripture that you will meditate on each morning to remind you how to follow the example Christ modeled for us.

Prayer

Lord, thank You for giving us a perfect example of how to live a humble life. Show us how to help lead others to You. Make us sensitive to hearing what You tell us to do for others. Show us each day how to be dream releasers.

Pray for the specific needs of the group.