



## Be Humble – Week 1

### DISCUSSION GUIDE

### Overview

Welcome to the first message of the new series entitled, ***Be Happy: Choosing the Be-Attitudes in Troubled Times***. Today, we will focus on how we can find happiness through simple adjustments in our attitude.

### Discussion Questions

Jesus teaches the Sermon on the Mount right as His ministry is beginning. He begins with the Beatitudes (Matthew 5:3-12) to show us how we can live a truly blessed life even in a world filled with trouble. The only way to live the Be-attitudes is through the Holy Spirit living in us. We cannot live the Beatitudes in our own strength.

**“I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.” (Galatians 2:20)**

- How does our attitude determine how we see life, circumstances, relationships, and opportunities?
- Why is it impossible to live a peaceful life without God’s presence and strength?

In **John 16:33**, Jesus promises: **“These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.”** Life challenges show how much of Christ’s character is in us versus the world’s character.



- Why do we sometimes struggle with our attitude choices?
- What does God’s Word say we can do to ensure we make the right attitude choices?

To live out the Beatitudes, we must have an attitude of humility. The first Beatitude is the foundation for all other Beatitudes Jesus teaches us.

**“Blessed are the poor in spirit for theirs is the kingdom of heaven.” (Matthew 5:3)**

Someone with an attitude of poverty, or humility, has a desperation for God’s help, direction, and blessing. They find their security in God, they are not self-reliant, and they live teachable. Paul describes how Jesus modeled this attitude:

**“...who, being in the form of God did not consider it robbery to be equal with God, but made Himself of no reputation, taking the form of a bondservant, and coming in the likeness of men. And being found in appearance as a man, He humbled Himself and became obedient to the point of death, even on the cross.” (Philippians 2:6-8)**

Jesus lived poor in spirit. He chose to lay aside His divine privileges by taking on the nature of a servant.

- What specific behaviors demonstrate that we have decided to choose an attitude of humility instead of an attitude of pride?
- What qualities make us a teachable student of God’s Word?
- Give some examples of worldly things that try to replace our security in God. What can we specifically do to change our attitude to only find security in God?

## Three Questions to Jesus

1. Jesus, what do YOU want for me?

**“who, being in the form of God, did not consider it robbery to be equal with God,” (Philippians 2:6)** Jesus set aside the glory of Heaven to follow what God wanted. He set aside His personal needs to provide mankind’s redemption.

- How can we set aside what we think we deserve to receive what God knows we need?

2. What can I do for others?

**“but made Himself of no reputation, taking the form of a bondservant, and coming in the likeness of men.” (Philippians 2:7)** Jesus checked all His needs at the door and turned His eyes toward the needs of the world, His friends, even His enemies.

- Why should we turn towards others and their needs?

3. What is my first step of obedience?

**“And being found in appearance as a man, He humbled Himself and became obedient to the point of death, even the death of the cross. Therefore God also has highly exalted Him and given Him the name which is above every name,” (Philippians 2:8-9)** Jesus set aside His own needs, served others, and walked in obedience to the Father’s plan to die for all mankind.

- Why is it sometimes difficult to be obedient to what God wants us to do?
- How can we walk forward in obedience to do what God is calling us to do?

## Life Challenge

When life challenges occur this week, choose Christ’s character as your attitude choice. Implement the three questions to Jesus (What do You want for me today? What can I do for others today? What’s my first step of obedience today?) in your daily routine.

## Prayer

*Jesus, thank You for teaching us how to live a life filled with blessing and happiness and also modeling a humble character. Guide us throughout our week when troubles come our way. Give us Your strength and help us to choose Christ’s character instead of a worldly response. Pray for the specific needs of the group.*