

Talking through the message during the week helps you turn what God is saying to you into action steps. These talking points, questions and scriptures are designed to help you take the next step

Read Mark 7:21-22, Romans 1:28-31 and Hebrews 12:1-2

The Bible contains numerous lists of sins. Two of these passages share such list. The writer of Hebrews doesn't give us a list but give two guiding principles. If it slow you down or trips you up you need to get rid of it.

- If you were making a list of deadly sins what would be on that list? Are there some sins listed in the Mark or Romans passage that you would overlook. Why?
- Some would make a distinction saying that sins are only those things that trip you up. Do you think that the things that slow you down or hinder your life of faith are sins as well? Why?
- What distinguishes God's love for you, characterized as "real love," from the love we typically experience from others?

Read Proverbs 11:2; 13:10; 16:18 and 29:23

The book of Proverbs addresses the result of pride.

- What are some examples in your own life where pride has caused you to experience:
 - disgrace
 - conflict
 - destruction
 - humiliation

Did you learn the value of humility during those experiences or were you just humiliated?
- Is it hard for you to admit when pride rears its head in your life..

Read Psalm 22:6; 131:1-2; Proverbs 10:14,19; Luke 14:11; 18:13; John 6:38; Romans 8:37; and 1 John 1:9

These verse give us biblical foundations for the "12 Actions of Humility" After reading these verse go over the 12 Actions of Humility. Identify your strength and your weakness on the list.

Pray for each person in your group (or for yourself if you are doing this alone) that you would use your strength to help others and that you would begin to grown in this area.

12 Actions of Humility

(Adapted from St Benedicts "The Twelve Steps to Humility")

1. Intentionally seek humility as an act of obedience
2. Seek God's will above my own will
3. Confess your sins to God quickly
4. Persevere through sickness and affliction quietly
5. Study God's word and live it out daily
6. Practice praising and complimenting others
7. Use my gifts and talents to serve others
8. Plan regular times of fasting
9. Be a friend to others going through humbling times
10. Restrict my sarcasm
11. Speak gently and practice silence
12. Be modest in my appearance and actions.

My Next Step Today Is To . . .

- Trust Jesus with my life.
- Confess my sin of pride to God and ask for His forgiveness and help.
- Begin to develop the 12 Actions of Humility in my life, starting with # _____
- Meditate on and/or memorize Hebrews 12:1

Talk It Over with God:

These prayer tips can guide your time alone with God each day. Praying with a friend or a small group might help you stick to it.

- Ask God to reveal to you any area of pride in your life that has gone unnoticed by you.
- Confess your need to God for pride to decrease and humility to increase.
- Be ready to trust God when situations arise that give you an opportunity to practice humility.
- Select several of today's scriptures to meditate on before going to prayer. Ask the Holy Spirit to use them to help you reflect the humility of Christ.