



A Better Life
Proverbs 25:7, Philippians 2:5-7, Isaiah 57:15, Psalm 18:27,
Psalm 147:6, Mark 10:42-45 and Matthew 6:2-4

January 14, 2024

PROVERBS READING PLAN

Find a rhythm in God's Word this week! Follow Week 2 of the Proverbs Reading Plan!

<https://www.sb.church/proverbs>

INSPIRATION

"I am persuaded that love and humility are the highest attainments in the school of Christ and the brightest evidence that He is indeed our Master." - John Newton

ICE BREAKER

1. Tell the group about the humblest person you know.
 2. What are acts of humility people perform for others?
-

DEEP DIVE

Read this out loud

An excerpt from the message this week:

"Humility was not a character trait that one aspired to when Solomon wrote this. Humility was not seen as a strength but as a weakness – it was an insult – even when Jesus was around. To say that Jesus was humble was an understatement."

Read Philippians 2:5-7, Isaiah 57:15, Psalm 18:27, Psalm 147:6, Mark 10:42-45 and then answer the following questions:

3. Having a better life will take a change in attitude. According to Philippians 2:5, what attitude are we to have? In Philippians 2:6-7, how did Jesus exemplify this attitude? If we are to have this same attitude, what would it require of us?



4. Make a list of what Jesus would have given up to be a servant. Think deeply about what it meant to give up his relationship to God and become a man.
5. According to Isaiah 57:15, Psalm 18:27 and Psalm 147:6, what do you learn about God and his reaction to those that are humble and those that are not?

Read this out loud

An excerpt from the message this week:

“Jesus was completely against the celebrity culture – and he was worried that his followers might fall for the trap. But Jesus let them know – in our kingdom – in my kingdom – we all – me included have come to serve.”

Read Mark 10:42-45 and Matthew 6:2-4 and then answer the following questions:

6. We know that Jesus emptied himself and became a man. According to Mark 10:42-45, what else do we learn about Jesus’ example of humility?
7. Pastor Mark mentioned in the sermon that humility is ordinary people deciding to deny themselves. What might be some areas that you need to deny yourself? Which areas would be the hardest?
8. Matthew 6:2-4 provides guidance on how to safeguard our humility. According to these verses, what should our acts of service not include?

NEXT STEPS

9. What are some areas in your life where you need to humble yourself?
10. Based on this lesson, what will be your motivation to humble yourself and serve others?

PRAYER

1. Thank God for sending Jesus to set an example of humility and help you recall this lesson throughout the week.
 2. Pray that you will honor Christ in your humble service to others this week.
-