

## Week 4: The Humble

*Jesus is not describing eight different persons but is describing eight different qualities of the same person.*

– Darrell Johnson

*Blessed are the humble, for they will inherit the earth.*

**Theme:** Those who surrender to God in humility will gain more than they ever gave up.

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### INTRODUCTION:

**Icebreaker:** Who is someone that you wanted to be like? What about them was attractive to you?

**Opening Prayer:** Have a member of the group offer a prayer to start the meeting.

Example Prayer: *Heavenly Father, teach us what it means to be humble, so that we understand what it means to be your children here on earth. In Jesus name, Amen.*

### LESSON BEGINS:

#### WEEK 4 BEATITUDE MEDITATION:

**Read Matthew 5:3-11, having each person take a turn reading a line.**

Blessed are the poor in spirit, for the kingdom of heaven is theirs.  
Blessed are those who mourn, for they will be comforted.  
Blessed are the humble, for they will inherit the earth.  
Blessed are those who hunger and thirst for righteousness, for they will be filled.  
Blessed are the merciful, for they will be shown mercy.  
Blessed are the pure in heart, for they will see God.  
Blessed are the peacemakers, for they will be called sons of God.  
Blessed are those who are persecuted because of righteousness, for the kingdom of heaven is theirs.

### **HUMILITY**

While many would claim humility is a good trait to possess, fewer put humility into practice. True humility doesn't call attention to itself but focuses away from itself toward others.

- What does it mean to be humble?
- How does a person put humility into practice in their daily life?
- Who do you know who models humility?

No one is naturally humble. Rather, we become humble by the power of Jesus' gospel.

- Why is being humble a sign that Jesus and his gospel have a hold on someone?
- Who is someone that you would describe as humble? How do they embody humility?
- What makes a person humble? Which areas of humility are difficult for you to embody?
- How has your understanding of humbleness and meekness changed through this study?

## **WEEK 4 SERMON DISCUSSION:**

### **Week 4 Sermon Discussion Questions:**

This week the pastor discussed Matthew 5:6, "Blessed are the humble, for they will inherit the earth."

- What did the pastor say it meant to be humble?
- What did the pastor say it meant that they will inherit the earth?
- How did the message change or enhance your understanding of this beatitude?
- Did the pastor say anything that was particularly meaningful or encouraging?
- How were you encouraged to apply this beatitude in your daily life or spiritual journey?
- Were there any questions or concerns that you had from the message?

### **THE GOOD LIFE VIDEO WEEK 4 (with Derwin Gray)**

As you watch the video, ask yourself, "How has this week's teaching changed your understanding on what it means to be humble?"

### **Watch The Good Life video 4:**

Videos can be accessed at [www.barmillscommunitychurch.org/goodlifevideos](http://www.barmillscommunitychurch.org/goodlifevideos). This is a hidden page, please do not share it with others.

Derwin uses two examples from the life of Peter to contrast his arrogance vs humility.

- How did Peter go from being a denier of the faith to a defender of the faith?
- Jesus showed Peter grace. How did that grace help him be humble?
- Can you relate to Peter? If so, how?
- How does Peter's character give us hope?

Derwin suggests that happiness is not found in greatness, but in weakness.

- What are stories in the Bible that illustrate this point?
- Have you experienced moments of weakness in your faith? If so, how have they helped you become more humble?
- Derwin tells us that the Good Life belongs to those who admit their need for Jesus. How is that admission an act of humility?

Derwin said, "God only uses normal people, because that's all He has to work with."

- What do you think he means by that? Why might we struggle with that?
- Who is a "normal person" that may not have been great in the eyes of the world but a humble servant for God? What did you learn from them?

### **1 PETER 5:4-7 (CSB)**

All of you clothe yourselves with humility toward one another, because "God resists the proud but gives grace to the humble." Humble yourselves, therefore, under the mighty hand of God, so that he may exalt you at the proper time, casting all your cares on him, because he cares about you.

- What does it look like to be clothed in humility?
- Why does God resist the proud? What does that say about them and God?
- What promises does God give when we humble ourselves under Him?

### **INHERIT THE EARTH.**

*Blessed are the humble, for they will inherit the earth.* (Matthew 5:5)

- What do you think it means that the humble will inherit the earth?
- How is this a promise for those who choose humility?

“Who are the people that really enjoy the earth? Those who grab, push, and demand? No! They are too busy grabbing, pushing, and demanding to enjoy what they get by grabbing, pushing, and demanding. Those who live in God and delighting great plan are free to smell the roses along the way?” – Darrell Johnson.

- Do you tend to grab, push and demand or do you take time to delight in God?
- How can humility free from worldly demands and discover the beauty of life along the way.

**FINAL THOUGHT: Derwin Gray**

“We often think humility is timidity, shyness, or even weakness, but we are wrong. We become stronger because our confidence is in God, not ourselves.”

**WEEK 4 WRAP-UP**

**Read Matthew 5:3-11 Out loud together as a group.**

Blessed are the poor in spirit, for the kingdom of heaven is theirs.

Blessed are those who mourn, for they will be comforted.

Blessed are the humble, for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they will be filled.

Blessed are the merciful, for they will be shown mercy.

Blessed are the pure in heart, for they will see God.

Blessed are the peacemakers, for they will be called sons of God.

Blessed are those who are persecuted because of righteousness, for the kingdom of heaven is theirs.

**Closing Prayer:** How can the group pray for you and others to have a “blessed” (*makarios*) week?

Have a group member close in prayer or provide an opportunity for all members to pray for each other.

**For additional insight on being poor in spirit, read the following.**

- Chapter 4, ‘Happy are the Humble in *The Good Life*, by Derwin Gray
- Chapter 4 ‘The Invincible’ in *The Beatitudes* by Darrell Johnson