

Humility: The Beginning of Transformation

Read the following stories that were discussed in the teaching segments

- **Judges 13-16, The story of Samson**
- **1 Kings 19, Elijah**
- **Mark 9:14-27, The humble father**
- **Luke 23:39-43, The thief on the cross**

1. As you read these stories, which one do you relate to the most? In what ways? Try to write down at least one way you relate to each one.
2. The video states "Pride is the soil from which all sins grow." How have you seen this to be true in your life? Write down at least three ways.
3. As you read Samson's story in 1 Kings 13-16 how do you think his violence and anger were linked to pride?
4. In Judges 14:3 it says: "*But Samson said to his father, "Get her for me, for she **is right in my eyes.**"* In Mark 14:36 we read about Jesus praying to His Heavenly Father as He faced the cross, "*And he (Jesus) said, "Abba, Father, all things are possible for you. Remove this cup from me. Yet **not what I will, but what you will.**"* What are some consequences you've experienced by doing what is right in your own eyes versus doing what God wills? What are some blessings you've experienced by doing what God wills?
5. As you read 1 Kings 19:1-18 you see Elijah struggling with despair. Write down all the things he is looking at. What happens when our focus is on problems instead of God? Do you find this struggle to be present in your life?
6. Re-read 1 Kings 19:14 and 1 Kings 19:18. How had Elijah's pride and self-focus distorted the truth for him? How has pride and self-focus distorted reality for you?

7. Being honest with God and ourselves is a vital part of humility. Read Mark 9:24 and Luke 23:40-41. How were the father and the criminal honest with themselves and God in these verses? What was the result of their honesty and humility?
8. Humility acknowledges the hypocrisy in our lives. How do we see that happening in Mark 9:24? In what areas you struggle with unbelief? Where do you recognize hypocrisy in your life?
9. Humility trusts in the deity, holiness and mercy of Christ. How do we see that happening in Mark 9:40-42?
10. Humility shows up where people are at and offers what they need. Humility gently exposes weakness, acknowledges pain and offers grace and strength. God provided Elijah with bread and water and told him "the journey is too great for you." What part of your journey is too hard for you to handle? Today is the day to believe that "With God all things are possible. Today is the day to humbly speak a simple prayer. "I believe, help my unbelief."