



Attitude is everything - Week 2 - "Humility"

Welcome - What's the attitude in others that annoys or frustrates you the most and why?

Word - The next Attitude that can change your world is HUMILITY

- What words/thoughts/ideas come into most people's minds when they think of humility?

Read Phil. 2 v. 1-5

Paul makes a plea here for us to value other people above ourselves in humility.

- He uses the word 'if' so many times, why do you think he does this?
- How might you define humility? Maybe search for some definitions....

Paul gives us a picture of humility in Jesus, Read Phil. 2 v. 5-11.

- What phrases or words impact you from these verses and why?
- Notice the V trajectory here, Jesus starts at the top goes to the bottom then God the father raises him up. What does this say to us about what our attitude should be?

Paul then makes a promise that if we live out humility we will impact the world.

Read Phil. 2 v. 12-16

- How does humility cause us to 'shine like stars in the sky' do you think?
- How can humility change the world?
- Why is humility so counter cultural do you think?
- What does humility look like practically?
- What are the challenges to us in living out humility?
- How can we ensure we have healthy boundaries and at the same time live out what Paul teaches when he says, 'in humility value others above yourself' (V.3)
- In what ways can we practice humility....in our marriage or families? At work? Friendships? In life group? In our communities?

Finish by taking communion with each other. Spend some time in worship, prayer and reflection, read v.5-11 as part of this time, maybe from a different translation.

Find some songs that speak of the humility Jesus has demonstrated for us and let that inspire us to emulate him by the power of His Spirit.

Pray as a group for the Alpha course starting on Sept 17th

Pray also for the i:GROW conference and weekend, Sept 22nd & 23rd