

Study Series: The Overcoming Life

Author: D. L. Moody

Lesson Title: “Humility” (pp. 157-169)

Session 12

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The main point of this lesson is: God desires His people to express humility and meekness.

Focus on this goal: To help adults move toward humility and meekness

Key Bible Passage: Matthew 11:29

Before the Session

Have a large writing surface (tear sheet, poster board, marker board) and markers available. (Step 1)

During the Session

Step 1. Create Interest / Jumpstart Discussion

Ask the group to state words they would use to describe a person who is an overcomer. **Write** responses on the writing surface. If no one mentioned *humility* and *meekness* **add** those two descriptors to the list.

**Ask** if most people associate humility and meekness with being an overcomer and why. **Read** the main point of this lesson statement (p. 167), then **state:** *That is what God desires because that is the means to the overcoming life.*

Step 2. Humility’s Superiority

**Request** a volunteer read the Day One title (p. 157). **Ask** the group what they think humility is superior to. **Ask:** *If humility is superior to pride, why do we see a lot of pride and very little humility?*

**Read** the first paragraph of Day One (p. 157) and **ask** which statements participants agree or disagree with and why. **Inquire:** *What reasons could Jesus have given for His disciples to learn from Him? What reason did He give in Matthew 11:29?* **Discuss** Day One, activity 1 (p. 157). **Declare** humility is superior because it’s only the humble who truly shine.

**Invite** volunteers to read Matthew 11:29 and 17:1-2; Numbers 12:3 and Exodus 34:29-35; and Acts 6:8-15 and 7:59-60. **Ask:** *What made the faces of Jesus, Moses, and Stephen shine? Do you think they focused on their faces shining? What were they focused on? What’s the lesson for us in their example?* **Declare:** *If we want to shine the light of Christ in our world, we’ve got to be humble in attitude and action.*

**Discuss** Day One, activity 2 (p. 158). **Consider** what it means to think of oneself with sober judgment. **Draw attention** to the Day One pull quote (p. 158).

Step 3. Humility’s Lowliness

**Ask** what description for humility is given in Matthew 11:29. (Lowly in heart.) **Ask** how many participants could honestly say they would like to be brought low and why. **Consider** why being brought low is actually key to an overcoming life. **Use** the Day Two pull quote (p. 159) and illustrations from nature (pp. 159-160) to **add to** the discussion.

**Discuss** the first part of Day Two, activity 1 (p. 159). **Invite** a volunteer to read Colossians 3:12-15. **Guide** the group to describe from this passage fruit that grows from genuine humility. **Lead** them to explore specific ways believers can clothe themselves with humility.

**Discuss** Day Two, activity 2 (p. 160).

Step 4. Humility’s Example

**Ask:** *What are the best ways for you to learn something?* Note one of the best ways to learn is by following the examples of others.

**State** that Day Three uses John the Baptist as a great example of humility. **Ask** volunteers to state what they know about John the Baptist. **Invite** a volunteer to read John 1:19-23. **Ask:** *What are ways John could have answered the question in verse 22? How is his response different from the way many would answer the question, “Who are you?”*

**Invite** a volunteer to read John 1:24-30,35-37. **Analyze** ways John demonstrated humility in these verses. **Note** that true humility always points people toward Jesus and away from self.

**Request** a volunteer read John 3:22-30 once more. Again, **evaluate** how John demonstrated humility. **Ask:** *How did John feel about himself decreasing and Jesus increasing? What would it take for us to make the same statement, “He must increase, but I must decrease” with joy rather than resignation?*

Step 5. Humility’s Challenge

**Note** the author presented us with humility’s challenge. **Read** the four personal evaluation questions from the first paragraph of Day Four (p. 163). **State** the apostle Paul is an example of someone who met humility’s challenge well.

**Invite** three volunteers to read 1 Corinthians 15:9-10; Ephesians 3:8; and 1 Timothy 1:15-16. **Ask:** *What appears to be Paul’s attitude about growing smaller and smaller?*

**Read** the Day Four paragraph (p. 164) beginning with “See what Christ says about John.”

**Discuss** the first part of Day Four, activity 2 (p. 164).

Step 6. Humility’s Path

**Observe:** Scripture is clear that when we humble ourselves, God exalts us. Jesus clearly demonstrates humility’s path of humbling self and being exalted by God.

**Discuss** Day Five, activity 1 (p. 165). **Note** that was certainly not the path Jesus’s disciples wanted to take. **Invite** a volunteer to read Mark 9:30-37. **Ask:** What’s your attitude about the disciples? Does their poor example of humility encourage or discourage you? Why?

**Read** the next to last paragraph of Day Five (p. 166), beginning with “When the Holy Spirit came . . . .” **Ask:** How can the transformation of these men encourage us?

Step 7. Practical Application – Live Out the Lesson

Discuss Day Five, activity 2 (p. 166). Ask: How can seeing how and why Jesus humbled Himself transform us so that we can move toward humility and meekness? Why will we experience an overcoming life when we do?

Close in prayer.

