

Study Series: The Good Life

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Lesson Title: “Happy Are the Humble” (pp. 35-48)

Session 3

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The main point of this lesson is: The good life only comes to the humble.

Focus on this goal: To help adults choose humility and Godfidence over self-confidence

Key Bible Passage: Matthew 5:5

Before the Session

1. Continue using “The Good Life” chart begun in Session 1. (Step 2)

2. Review the story of Peter and Cornelius (Acts 10:1-48), and prepare to summarize it. (Step 5)

During the Session

Step 1. Create Interest / Jumpstart Discussion

In your own words, recap Session One of The Good Life with it’s truth that the spiritually poor know happiness in Jesus. Draw a comparison tothe link between realizing you are a spiritual beggar and choosing to be humble. State: Today we’re going to explore humility and how it leads us to the kingdom of heaven.

Share a time when you were in the presence of greatness (a gifted teacher, athlete, artist, etc.) and realized your own inadequacies. Encourage learners to consider how often (if ever) they choose to be humble and why.

Step 2. One Man, Two Lives

Invite a volunteer to read Matthew 5:5. Add Humble to the chart you began two weeks ago. Say: Our topic today again goes against worldly thought; humility isn’t typically thought of as the way to the good life—but it is in the kingdom of heaven. Summarize (or read) from the Day One paragraph (p. 35) that begins “There were two men . . . ” through the remainder of that section (ending with the phrase “a coward into a courageous leader,” p. 35).

Invite a volunteer to read Luke 5:1-11. Use the Day One content (pp. 36-37) to point out that Peter was humbled by Christ’s sovereignty, holiness, and call.

Step 3. Who Do You Say I Am?

Using the opening paragraph of Day Two (pp. 37-38), describe Caesarea Philippi, the setting for Jesus’s question in Matthew 16:15.

Invite a volunteer to read Matthew 16:13-19. Use the Day Two content (pp. 38-39) to highlight this monumental moment in Peter’s life: God had revealed Himself to Peter and had given him a new name and identity.

Draw attention to the word “Blessed” in verse 17. Explain this is the same word used in the Beatitudes, both in the English and the original Greek. Ask: Why did Jesus say Peter was blessed in this verse? Stress Peter was blessed because he had been humble and received God’s insight into the identity of Christ.

Step 4. From Denier to Defender

Read or summarize the first paragraph of Day Three (p. 39) recounting Peter’s declaration he would never deny Christ, only to do it three times that very night.

Invite a volunteer to read 1 Peter 5:6-9. Explain that these words were written by Peter himself. As a group, discuss how Peter’s pride, fall, and restoration (John 21:15-19) gave him the grace to see that the humility given him by those situations made him the leader of faith he became.

Read the author’s words (p. 40): “Jesus will never ask you to do anything that He hasn’t given to you first,” pointing to the miraculous catch of fish in John 21:1-14 as the immediate context. Ask whether the group thinks this is a universal truth or not, and to explain their reasoning.

Step 5. Enemies Become Friends

Briefly share the story of Acts 10, describing Cornelius’s need for a preacher of the gospel, Peter’s need to see Gentiles as God sees them, and how God brought those parties together. Say: This is the same Peter who proclaimed Jesus as Lord, denied Him three times, jumped out of a boat to get to Him, and was leading the early church. But even as a church leader, Peter needed another dose of humility in order to fulfill God’s call for his life.

Point out that even Christians who are more mature must continually allow God to humble them, guide them, and use them for His glory.

Stress that Peter’s continued humility brought restoration between men and between God and man.

Step 6. Humility Is Strong Enough to Serve

Invite volunteers to read John 13:1-5 and Luke 22:24-27. State: These events happened consecutively at the Last Supper: Jesus washed His disciples’ feet, then they got into an argument over who was the greatest.

Invite the group to describe the irony of this scene. Point learners to the examples of humility we see over and over in Jesus.

Read the quote from Dr. Martin Luther King, Jr., from the paragraph (pp. 44-45) that begins “Second, in God’s economy, . . .” and engage learners in considering some different ways they can serve, help, and love others with no specialized skill or training.

Step 7. Practical Application – Live Out the Lesson

Read Philippians 2:5-11. Point out that Jesus’s attitude of humility included emptying Himself and becoming obedient, even to the point of death.

Share how this week’s study on humility has given you new insight and inspiration to see yourself differently, live sacrificially, and love without measure. Urge learners to take today’s passage and study as a personal challenge to live humbly, both inwardly and outwardly.

Close in prayer.

