



RELATIONAL VALUES

Humility

The D-Cycle is a curriculum containing content designed to establish the scriptural foundations of the faith in the life of a believer.

VISION FOR HUMILITY

Humility is one of the most important relational values that we are to embody as followers of Jesus. Jesus exemplified humility when he came to earth as a man to be with humanity. Humility is necessary in our relationships with God and others.

Key Definitions

- **Humility:** the act of adopting a lowly heart posture before God, emptying ourselves to make room for His love. It involves focusing on Jesus and uplifting others for God's glory, not for personal gain. Andrew Murray, in his book titled *Humility*, defines humility as the place of entire dependence on God.

HEAD

Summary of Points

1. Humility is the opposite of pride. Pride is thinking we know more than the Creator.
2. “True humility is not thinking less of yourself; it is thinking of yourself less.” – C.S. Lewis
3. Jesus’ humility is the best example.

Lifegroup Scriptures

The Humility of Jesus

Philippians 2:1-18

D-Group Scriptures

Sin, Pride, and Humility

James 4

The Reward for Humility

Proverbs 22:4

Parables of the Wedding Feast and Great Banquet

Luke 14:7-24

Jesus Washes the Disciples Feet

John 13:1-17

Discussion Methods

Below are two suggested methods for discussing Scripture.

Traditional DBS New Testament Letters	Inductive Bible Study Gospels, Acts, Old Testament Accounts
<ol style="list-style-type: none">1. What does this say about God?2. What does this say about me/people?3. What is my obedient response?	<ol style="list-style-type: none">1. Observation – What happened?2. Interpretation – What does it mean?3. Application – How can I obey?

HEART

Questions

1. How do you see Jesus demonstrating and exhibiting humility?
2. In what areas of your life do you feel like it is difficult to let go of pride? Why do you think that your way is better than Jesus' way?
3. What does it mean to radically serve? To prefer others? To forgive others?

Lifegroup content ends here

HANDS

Discipleship Actions

1. How can you practice humility in your current season of life?
 - i. How can you serve this semester?
 - ii. What are ways that you would like to serve?
 - iii. Do you feel like you have the tools to get there?
 - iv. Examples of Service: Serve Team on Sunday Morning, Adopt-A-Block, Professor, Family
- b. Prefer Others
 - i. What are ways you can think about the interests of others above your own interests this week?
 - ii. Who comes to mind as someone you can prefer above yourself this week?
- c. Forgive Others -
 - i. Ask the Lord if there's anyone you need to forgive in your life?
 - ii. What does it look like for you to walk in forgiveness towards them?
 - iii. Talk to your discipler about how you can walk in continued forgiveness

RESOURCES

Books

- [Humility](#) – Andrew Murray

Podcasts

- With the Perrys – Jackie Hill Perry and Preston Perry
 - o [Apple Podcasts](#)
 - o [Spotify](#)