



**discussion starters.**  
December 20th. | Incarnation: Humility

We invite you to take the content of our Sunday Morning worship hour, and discuss with a friend, your family, or your LIFEgroup each week. This is meant to be a guide for your discussions and can be used as a launching point or complete study outline. Feel free to choose all, many or even just one that will work best for your LIFEgroup.

## SUMMARY.

Daily routines are part of our lives & some of us are more structured by habits than others. The world has habits, patterned sequences & they shape our lives. One study estimates that 47 percent of human behaviors are habits.

We all live by habits we believe in, we find comfort & confidence in, patterns so powerful, we often don't think of them - automatic. Another way to think of this, perhaps somewhat negatively, is that it's easy for us to get in & live in rut. Like a car going down a muddy road, it's much easier to continue in the trench, in the ruts we've been in and/or was laid before us.

Partly because humility is not the deep rut paved out ahead of us... Rather, the rut, the better way we've been taught to believe and go after is to go bigger, have more, and climb higher.

We are constantly tempted to believe the better way is pride: more, better, higher, but Jesus' incarnation, crucifixion, & resurrection invite us into a better way, the victorious way of humility.

## A SCRIPTURE TO READ.

“In your relationships with one another, have the same mindset as Christ Jesus: Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross! Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father.

**Philippians 2.5-11**

Where were you when I laid the earth's foundation? Tell me, if you understand. Who marked off its dimensions? Surely you know! Who stretched a measuring line across it? On what were its footings set, or who laid its cornerstone— while the morning stars sang together and all the angels shouted for joy? “Who shut up the sea behind doors when it burst forth from the womb, when I made the clouds its garment and wrapped it in thick darkness, when I fixed limits for it and set its doors and bars in place, when I said, ‘This far you may come and no farther; here is where your proud waves halt’? “Have you ever given orders to the morning, or shown the dawn its place, that it might take the earth by the edges and shake the wicked out of it? The earth takes shape like clay under a seal; its features stand out like those of a garment. The wicked are denied their light, and their upraised arm is broken. “Have you journeyed to the springs of the sea or walked in the recesses of the deep? Have the gates of death been shown to you? Have you seen the gates of the deepest darkness? Have you comprehended the vast expanses of the earth? Tell me, if you know all this.”

**Job 38.4-17**

## B QUESTIONS TO ASK.



1

Take some time to look up a few more scripture passages about humility. (Verses about Jesus' humility, and about our humility)

2

What are the implications of a life that follows a humble savior? How is that different from living for a self-centered god/world?

3

What is the difference between taking pride in our worth/identity in Christ vs. having humility in life's endeavors and relationships?

4

See Section C for more applications for this week.

## C APPLICATION | CHALLENGE.

Think of your current relationships, your spouse, your kids, your family, your friends, your coworkers/classmates, your neighbors, People you like, people you don't like, people like you, unlike you & as you sing, adore & worship Jesus in His humility, what is He saying to you about your relationships?

What rights, privileges, powers is He calling you to empty yourself of? How does Jesus' humility invite you to step down the ladder?

Perhaps there are specific people in your life who come to mind, or perhaps it's a general way you tend to carry yourself.

What is God speaking to you about?

What is He calling you to do?

We would love to hear your highlights from this discussion so please email us at [office@avonwesleyanchurch.com](mailto:office@avonwesleyanchurch.com) or text us at **585-622-4575**.

## D ADDITIONAL ACTIVITIES & RESOURCES.

Visit our webpage [www.avonwesleyanchurch.com/lifegroups](http://www.avonwesleyanchurch.com/lifegroups) for more resources and to watch bonus content.

These additional resources include videos from The Bible Project, another for our younger kids, and a video to help adults, in explaining and showing grace to kids.

## E QUESTIONS FOR FAMILIES WITH KIDS.



- 1 If you are able, watch the videos in Section D and talk about them as a family/group.
- 2 How is Jesus' way of Humility different from the messages we hear and see on T.V. and Online?
- 3 What are some ways you could put someone else's needs and wants before yours?
- 4 When we regularly put others first, how will our friendships and relationships change?

## F QUESTIONS FOR AWC YOUTH GROUP.

- 1 Have you ever heard of "The American Dream"? What is it?
- 2 How does this "American Dream" compare with The Way of Jesus?
- 3 See Section C for more applications for this week.
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