

Lesson 144

TEXT Matthew 5:1-5; 8:5-10; Isaiah 29:19; 57:15

SUPPLEMENTAL SCRIPTURES Isaiah 61:1-3; Romans 12:3

OBJECTIVE The students will be capable of telling the spiritual value, as well as the everyday worth of Jesus' teachings pertaining to humility, contrition, and meekness.

KEY VERSE FOR ANSWER Humble yourselves in the sight of the Lord, and he shall lift you up. – James 4:10

KEY VERSE FOR SEARCH For whosoever exalteth himself shall be abased; and he that humbleth himself shall be exalted. – Luke 14:11

ANSWER
TITLE:

SEARCH
TITLE:

Whose Computer Is It?

Humility

REFERENCE INFORMATION

Blessed and happy are the humble-minded, the sorrowful, the lowly, the spiritually hungry, the merciful, the pure in heart, the peaceful, and the persecuted—seemingly the exact opposite of the world's standards. However, the blessing is not in the condition itself, but in the glorious rewards to come. Heaven is so infinitely superior to earthly life that Jesus regarded as a blessing anything that increased the longing for Heaven.

Blessed are the meek. Our word *meek* comes from the old Anglo-Saxon *meca* or *meccea*, "a companion or equal," because he who is of a meek or gentle spirit is ever ready to associate with the most humble of those who fear God. He feels himself superior to none, and knows that he has nothing of spiritual or temporal good but what he has received from the bounty of God, having never deserved any favor from His hand.

YOUR OPENER

Humility

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KEY VERSE: For whosoever exalteth himself shall be abased; and he that humbleth himself shall be exalted. – Luke 14:11

The love of God dwelling in the heart produces humility, a beautiful ingredient in a Christian's life. It is the complete opposite of self-exaltation or a proud spirit. It is not artificial or feigned, but is exhibited in each aspect of a true Christian's life.

RESPONSES

1. God is against one who is proud. He hates even a proud look (Proverbs 6:16,17). When He resists someone, is it possible for that person to prosper? Your students should see that one cannot prosper spiritually, though he may prosper materially for the moment. On the other hand, when God gives grace or extends His favor to the one who is humble, that one will be happy and blessed, as shown in the Beatitudes.

2. As your class discusses this question, they should see that many times Scripture couples a humble attitude with answers to prayer. See Psalm 10:17 and James 4:6,10.

3. Allow time for students to respond. They should conclude that when a Christian is subject to others and esteems them properly, God will reward him. And it is very likely that people will also react to him in a positive manner. You may wish to bring out that true Christian love and humility will overlook an improper response from the other person. A good Biblical example of this attitude is seen in David's relationship to Saul.

1. How does God react to one who is humble, as compared with one who takes pride in his own accomplishments? See James 4:6.

2. In our Matthew 8 text, the centurion who came to Jesus showed a humble attitude by saying that he was not worthy to have Christ come under his roof. Why is it important for us to have a humble attitude when we come to Christ? Substantiate your answer by Scripture.

3. If one is living according to Philippians 2:3 and 1 Peter 5:5, in what way will his relationships with others be enhanced? Give at least one specific example.

3

ADDITIONAL DISCUSSION NOTES

4. Does humility come naturally, or will one have to make a special effort to humble himself before God and others? See James 4:10.

5. Jesus said that we should love our neighbor "as ourselves" (Mark 12:31). How can this teaching co-exist with humility?

6. Jesus is our perfect pattern. He is the Son of God, and worthy of all our worship and honor. What kind of an example in humility did He leave us? See Matthew 11:29 and Philippians 2:5-8.

7. How must a sinner come before the Lord when he desires to become a Christian? See Luke 18:13. Why does the Bible tell us in 1 Corinthians 1:26 that not many wise or mighty or noble men are called?

8. Is it possible for one to be proud of his humility? Is this true humility? Explain.

4. The command to humble ourselves should lead your students to conclude that though true humility becomes part of a Christian's nature, a special effort does need to be made when situations arise that might tempt us to show pride. The Bible states in several other places that we are to humble ourselves. See Luke 14:11 and 1 Peter 5:6. Ask your students to point out in each of these passages what reward God will give for humility. Impress on the students that the reward will be well worth the effort.

5. Discussion of this question should be based on the realization that a person can have self-respect without an attitude of pride or self-assertion. God has given to each of us a certain regard for ourselves. "No man ever yet hated his own flesh . . ." (Ephesians 5:29). At the same time, the Bible warns each one ". . . not to think of himself more highly than he ought to think" (Romans 12:3). As we love our neighbor as ourselves, we will seek his happiness and well-being just as we would seek our own. Humility co-exists with self-respect in that we do unto others as we would want them to do to us.

6. Bring out that when one thinks he has done something worthy of praise, he should think on Jesus' example. Though He was sinless and perfect, He humbled Himself and made Himself of no reputation, and became obedient unto death on the cross. Peter said we should follow His steps. See 1 Peter 2:21.

7. The steps to salvation can be plainly brought out here. One must repent and humble himself before he can be saved. The wise and mighty may find it more difficult to see their need. One must have a feeling of contrition or sorrow for his sins, before the Lord can take control of his heart (Psalm 51:17). This may be an opportunity for you or one of your students to give a personal testimony of conversion.

8. Discuss the fact that one who says he is humble and does not show a humble spirit, is in reality a proud person. Ask what specific benefits humility will bring into one's life. Bring out that true humility will not only bring a spiritual blessing from the Lord, but will bring a joy into our everyday lives, since we know we are following God's Word.

YOUR WRAP-UP

SUPPLEMENTAL QUESTIONS

Who are the "poor in spirit"?

Why was Jesus so impressed with the centurion?

Is humility an action or an attitude? Explain.

What is the difference between being humbled and being humiliated?

What is the difference between humility and humiliation?

How did Jesus show humility?

How will humility help a person have a better life?

There are many ways that pride can get you into trouble.
How can humility keep you out of trouble?

Do you agree or disagree with the following statements?
Why?

- * Every Christian knows what humility is.
- * You will always get ahead if you are meek and humble.
- * It is almost impossible for a rich person to be humble and meek.

In our ANSWER story, how did Rick Thurman demonstrate a spirit of humility?

THINGS TO DO

Write the word HUMILITY vertically on a chalkboard or large sheet of paper. Have students volunteer to write phrases related to the theme, beginning with each letter of the vertical word. When writing has been completed, discuss the ideas. Example:

Have a meek spirit
Unity with Christ and His people
Myself last
I will prefer others
Let go of pride
I need it!
Thankful heart
Yes, I want to be humble

Have students pair off, or divide class into small groups. Give a brief time for them to come up with an idea and

then act out a situation that might happen at home, school, or between friends that would illustrate how a humble attitude would smooth over a rough situation or cement a friendship. (Remind students that "humility" gives a soft answer, prefers the other person, sees the good in another person or an idea, etc.)


After discussing the lesson and relating the theme of humility to their own personal lives, have the students express their responses by writing a prayer or praise based on the lesson. Volunteers may read their prayers to the class. Example:

Heavenly Father, too many times I take being a Christian for granted and this makes me have the wrong attitude toward others. Please help me to have a true spirit of humility in my heart. I know You will help me, and I thank You for Your help. Amen.

Answers for Answer

Are You Humble?

Humility is having a modest and submissive spirit. The key verse tells what God will do for you if you are humble. The words listed make up the key verse. Find them in the word-find below and circle them. They read up, down, across, and diagonally. When you are done, see if you can write out the key verse on the lines below without looking it up.



Be Humble

HEAR YE THE VOICE OF THE LORD
SHAL I SIGHT MYSELF
HUMBLE YOURSELVES

Humble yourselves in the sight of the Lord and he shall lift you up.