



ACTIONS + ATTITUDES
THAT MAKE YOU MORE
THAN HAPPY!

LESSON 3 // GO LOW

Big Idea: We need to address the sin of pride in our hearts and lives if we want to experience the fullness of joy Jesus' intends for us. To do this it's important to understand that the signs of pride are observable, the roots of pride are demonic and humility is the antidote for pride.

Philippians 2:5-9 (NIV) *In your relationships with one another, have the same mindset as Christ Jesus: ⁶ Who, being in very nature God, did not consider equality with God something to be used to his own advantage; ⁷ rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. ⁸ And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross! ⁹ Therefore God exalted him to the highest place and gave him the name that is above every name.*

Proverbs 16:18 (NIV). *Pride goes before destruction, a haughty spirit before a fall.*

James 4:6 (NIV) *But he gives us more grace. That is why Scripture says: “God opposes the proud but shows favor to the humble.”*

Philippians 2:3-4 (CSB). *Do nothing out of selfish ambition or conceit, but in humility consider others as more important than yourselves. ⁴ Everyone should look not to his own interests, but rather to the interests of others.*

Start Talking:

Do you think the culture we live in tends to foster pride or humility? In what ways do you see this trying to influence your thinking and attitudes?

Start Thinking:

Read Philippians 2:5-9. What do you learn about humility from the example of Jesus in these verses? What difference should this make in your life as a follower of Christ?

Read Proverbs 16:18. What kind of destruction can pride bring in your life?

Read James 4:6. In what ways is humility an antidote to pride?

Read Philippians 2:3-4. What does it look like to treat others in humility rather than pride?

Start Praying and Doing:

Read and meditate on Philippians 2:3-11. Pray that God will grant you the kind of humility that Jesus demonstrated in suffering and giving His life for us on the cross.

Look for opportunities to express this in tangible ways to every person you encounter this week as you “consider others as more important than yourselves.”