**Stand Up — Session 4— EXTRA! Ideas for Adults**
**Date:** May 13, 2018

**Stand with Humility**

**The Point:** Humility ultimately wins the day.

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**Get Into the Study**

*Use the following information to introduce Question #1.*

Begin by sharing this news item:

Each year the United Nations releases the “World Humanitarian Data and Trends” report, which describes humanitarian crises around the globe. In the most recent report released early this year, the one word that appears over and over again is “conflict.” For the past decade, the number of “violent political conflicts” has risen dramatically. This year’s report notes that we are experiencing a “25-year peak in global violence” with 402 conflicts currently happening worldwide. To highlight the change in the numbers, “20 years ago, 80% of humanitarian aid went to people affected by natural disasters. Today, 80% of aid goes to people who are threatened by violent conflict.”

Say: Conflict is a part of our world today. And when conflict touches our lives as individuals, we can choose how we respond to the conflict. Then read Question #1 (What animal would represent your typical approach to dealing with conflict?) and call for volunteers to share their responses.

*Information for this post was gleaned from here:*


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**Study the Bible**

*Use the following information to supplement Question #3.*

Begin by sharing this news item:

Did you know that “humblebragging” is worse than just plain old bragging? In a recent report, researchers from Harvard and the University of North Carolina, Chapel Hill, define the word “humblebragging” and explain why people really don’t like to hear this kind of bragging. They define “humblebragging as “bragging masked by a complaint or humility.” An example might be a co-worker who says, “Why do I always get asked to work on the most important assignment?” Ovul Sezer, the author of the study, says, “You think, as the humblebragger, that it’s the best of both worlds, but what we show is that sincerity is actually the key ingredient.” People who are regular braggers are better liked, the study shows, than people who are humblebraggers. When it comes to humblebragging, Sezer says, “We all do it, to some extent.”

Say: Bragging, or humblebragging, is common everywhere. Maybe we’re all guilty of bragging a little (or a lot). But we also know that the Bible teaches humility in our interactions with each other. Then read Question #3 (What are the biggest hurdles we face when it comes to nurturing humility in our lives?)

*Information for this post was gleaned from here:*


— Donna McKinney wrote this Leader Extra. Donna is retired from a career with the federal government of the United States. She is a veteran Bible study group leader living in North Carolina.
Additional Questions

Icebreakers
- Who comes to mind when you hear the word "humility"?
- What’s your best strategy for dealing with stressful situations?
- Who do you admire for their ability to exhibit grace under pressure?

Esther 5:1-8
- In what ways did Esther display humility?
- How did Esther show both wisdom and restraint?
- When have you seen an act of humility diffuse a tense situation?

Esther 5:9-14
- What does this passage reveal about wealth, power, and happiness?
- How have you seen pride damage your relationship with God or others?
- In what ways does pride blind us to reality?