



### **RECAP:**

Have you ever thought to yourself, "I would be so happy if I could just get out of here? I just need to go someplace else; then I'll be happy!" It's easy to think that the "grass is greener" somewhere else. Sometimes we see people living on the other side of the country, or maybe even the other side of town, and they look so happy!

The problem with that line of thinking is, wherever you go, you take you with you. Happiness is not primarily about where you go, but who you are becoming. Matthew 5:5 says, "Happy are people who are humble, because they will inherit the earth."

Humble people are happy because they are committed to being shaped by God's great love for them, committed to loving themselves correctly, and committed to healthy and loving relationships with others. Did you notice the pattern there? It's UPWARD, INWARD, OUTWARD. Today, commit to choosing happiness with humility and grace.

### **DISCUSSION QUESTIONS:**

- Read Matthew 5:5. What do you think Jesus meant by humble people will "inherit the earth"?
- What does it mean to be humble? What are ways people can show this characteristic? (Read Philippians 2:3-4 for some guidance)
- Who is someone in your life who has displayed humility? How has their humility affected you?
- Jesus showed ultimate humility when He came to earth and sacrificed Himself on the cross. Read Philippians 2:5-11 slowly and carefully. Allow this poem to marinate in your soul. This poem provides the foundation for humility.
- Why is it significant that Jesus is the ultimate example of humility?
- In what ways does humility result in unity?