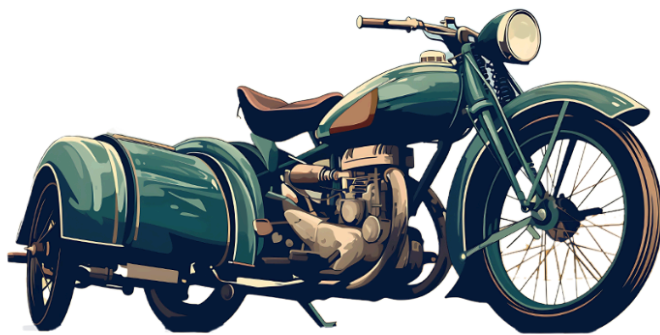




Ride or Die

Week 2 – Humility

Humility is not weakness. It is strength under control—the choice to value others above ourselves because we belong to Jesus. This week, we'll see that humility is possible not by our own effort but by Jesus' power in us.



LET'S GET STARTED - Humble Brag

Have each person share something funny, quirky, or unusual that they're "oddly proud" of (e.g., "I can wiggle my ears," "I once ate 20 chicken nuggets in one sitting," "I can remember every license plate I've ever had"). We laugh at "humble brags," but true humility is deeper—it shapes how we see others and how we live in relationship with them.



VIEW

[Watch the video for Week 2: Humility](#)

VIDEO NOTES

DISCUSS

1. What's something you had to ask for help with recently? How did it feel to need someone else's input or support?



THE MOTIVATION OF HUMILITY

READ ALOUD

Philippians 2:1-2 (NIV)

1 Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, **2** then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind.


2. According to verse 1, what are some of the gifts we receive by being united with Christ? Which of these gifts have you experienced most in your walk with Jesus?
3. How can remembering what we already have in Christ shape the way we relate to others?
4. Why do you think Paul starts here before talking about pride and humility?

THE PRACTICE OF HUMILITY

READ ALOUD

PHILIPPIANS 2:3-4 (NIV)

3 Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, **4** not looking to your own interests but each of you to the interests of the others.



DEFINING THE TERMS

Selfish ambition = rivalry for one's own gain regardless of the cost.

Vain conceit = empty pride without substance.

Humility = valuing others more than ourselves—choosing to put their needs ahead of our own.

5. What are some everyday ways “selfish ambition” or “vain conceit” show up in relationships?
6. How would you describe the difference between humility and insecurity? Why is it important to see humility as strength rather than weakness?

WHAT CAN WE LEARN ABOUT HUMILITY FROM THESE VERSES?

James 4:6 _____

James 4:10 _____

Ephesians 4:1-2 _____

Romans 12: 3 _____

Romans 12:10 _____




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7. After reading these verses, what consistent picture of humility do you see? How do these connect with what Paul says in Philippians?
 8. Romans 12 calls us to honor others above ourselves. What might that look like in practice with our friends, family, and coworkers?

THE MODEL OF HUMILITY

READ ALOUD

Philippians 2:5-11

5 In your relationships with one another, have the same mindset as Christ Jesus: 6 Who, being in very nature [a] 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 [b] 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, 10 that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, 11 and every tongue acknowledges that Jesus Christ is Lord, to the glory of God the Father.

9. Paul says we are to have “the same mindset as Christ Jesus.” What do you think it means to adopt Christ’s mindset rather than just admire it? What would that look like in your daily decisions?
 10. Jesus did not cling to His divine rights but willingly set them aside. What ‘rights’ or comforts are hardest for you to let go of—at home, in friendships, or at work?
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11. This passage shows the pattern: humility leads to exaltation by God. How might that truth reshape how we think about ambition, recognition, or success?"

12. In what ways does humility require strength? How can we rely on Jesus' Spirit rather than our own effort to live humbly?

APPLY IT

What is one way you can intentionally put someone else's needs ahead of your own this week – and how can you rely on Jesus to give you the strength to do it?

