

# Life Group Discussion Guide

A life group is a formational community that gathers regularly to care, learn, and pray together. These questions may form the basis of your conversation and are designed to help participants listen and respond to God through personal and scriptural reflection, as well as stirring an imagination for how to practice the way of Jesus.

Groups are encouraged before beginning to have a moment of prayerful stillness, collecting your scattered attention to God, and then if helpful to connect with one another through a conversation starter question.

## Questions

1. Where do you see the tension of "thinking you are humble means you are not really humble" in your own life? What situations tend to reveal pride in you that you didn't realize was there?
2. What does our culture reward today that works against humility? Where do you feel pressure to protect your image, status, or reputation?
3. Read **Matthew 11:28-30** together. What stands out to you about how Jesus describes himself? How does this picture of Jesus challenge or reshape how you think about power, leadership, or strength in your own life?
4. The message defines humility as "the noble choice to redirect your power in service of others." Where do you have power or influence right now (at home, work, school, relationships)? What might it look like to intentionally redirect that power toward serving others this week?
5. Read **Philippians 2:5-11** together. What do you notice about the movement in this passage from humility to exaltation? How does this shape the way you think about lowering yourself, obedience, or sacrifice in your own relationships?
6. Who is the hardest for you to see as a "Thou" right now, and why? What changes when you intentionally remember that they are created in God's image?
7. How might adopting an "I could learn something from this person" posture change the way you approach disagreement, conflict, or difficult conversations this week? Where could you intentionally practice this?