Attitude Adjustment
Small Group Questions

Week One

1. How would you define humility?
2. When is a time when you saw the power of humility in your own life or in someone else’s?
3. In what area of your life are you tempted to be proud and forget that what you have comes from God?
4. When is a time you saw that if someone would just humble himself or herself, a situation would radically improve?
5. What good deeds can you do so that you humble yourself and put God’s agenda before your agenda?
6. Read aloud Daniel 4:25-26. Why is it difficult at times do remember or believe that God gives power and authority?

Week Two

1. Who do you know that is a humble person? What are the qualities in him or her that you admire most?
2. Do you think that people are naturally humble or have to work at humility? How do you "work" on humility?
3. Going through the Litany of Humility, which aspects of the prayer do you struggle with most? How possible do you think it is to achieve this level of humility?
4. What would it look like to go to God in humility during your prayer time? Is there a particular space, posture or attitude that would facilitate humility for you?
5. Read 2 Chronicles 7:14 and Isaiah 57:15. What is the condition under which God graces us with his presence and forgiveness? Tell about a time when you were able to meet this condition. Do you think that if you met this condition more often, you would feel God’s presence in your life more? Is that something you desire?
The Litany of Humility

O Jesus! Meek and humble of heart, hear me.

Deliver Me, Jesus
From the desire of being loved
From the desire of being extolled
From the desire of being honored
From the desire of being praised
From the desire of being preferred to others
From the desire of being consulted
From the desire of being approved
From the fear of being humiliated
From the fear of being despised
From the fear of suffering rebukes
From the fear of being lied about
From the fear of being forgotten
From the fear of being ridiculed
From the fear of being wronged
From the fear of being suspected

Jesus, Grant me the grace to desire it.
That others may be esteemed more than I,
That in the opinion of the world, others may increase and I may decrease,
That others may be chosen and I set aside,
That others may be praised and I unnoticed,
That others may be preferred to me in everything,
That others may become holier than I, provided that I may become as holy as I should.
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Week Three

1. With whom are you tempted to compare yourself?
2. Why is the ability to praise others an important step for growing in humility?
3. Do you find it easy or difficult to praise other people’s accomplishments and successes?
4. Read aloud John 3:30. What does that verse mean to you?
5. Is there any person you secretly enjoy seeing fail? What can you do to extend grace to that person?
6. Have you ever worked or lived with someone who had to be at the center of attention all the time? What was that like?

Week Four

1. It takes humility to admit that you have made a mistake or sinned. Do you find it hard to admit wrong? If so, what specifically do you think causes that? If not, what makes it easy for you?
2. The Kingdom of God that Jesus announced was about the conversion of hearts. How is your heart these days? Are you harboring any resentment or bitterness? Is there anything you need to repent of?
3. One definition of repentance means to change the authority you sit under. Would you say you’re leading a self-led life or a Christ-led life? Why? What are the benefits of sitting under God’s authority?
4. From what do you need to repent? Where do you need to sit under the authority of God rather than your own authority?
5. The good news of the Gospel is that even though we have sinned and fallen from the standard of perfect, God sent his son to save us and conquer sin and death. Do you believe that accepting God’s gift of repentance and forgiveness, and letting go of your own will to accept God’s will, leads to a more fulfilled life?
Week 5

1. Where have you seen or do you see people jockeying for positions of honor?
2. What would it look like in your daily life for you take the lower seat or lower place as Jesus describes?
3. Is there a difference between marketing ourselves and our abilities verses seeking places of honor? If so, what is the difference?
4. Read Proverbs 18:12. Where have you seen that principle work in your life or the life of someone else?
5. As we wrap up this series, what key insights have you learned about humility? How will you apply it to your life?