

START SMALL —Week 3:

It Doesn't Matter Where You Sit (Be Humble)

Main Idea:

This week we are going to take a hard look at what it means to be humble. I like the way Rick Warren defines humility: "Humility doesn't mean thinking of yourself less. It means thinking of others and God more."

A small change, like intentionally paying attention to others and acknowledging God, can positively affect our lives. When we choose to see ourselves in the "right way," God will lift us up and we will no longer need to lift up ourselves.

Key Questions:

- How often do you think of others and put them ahead of yourself?
- Are you competitive with others or need to feel higher than other people?
- Do you feel the need to receive credit for your accomplishments?
- Does your insecurity cause you to seek others' approval?

Optional Questions:

READ Luke 14:7-11

- Are you striving to become something more than you are? Does this type of thinking consume your thoughts and your choices?
- Do you have a desire to be recognized by important people? Do you strive to align yourself with these people rather than those who are "beneath" you?
- Do you want others to think you are important?

Small Steps:

Day 1	Proverbs 27:2	Instead of bragging about yourself, or seeking compliments, give someone else a genuine compliment.
Day 2	Romans 12:3	Ask someone for advice. Listen, with an open heart, instead of turning away wise counsel.
Day 3	Luke 14:11	Spend a few hours helping someone. You can clean a house, help a shut-in, call someone who is lonely, or babysit for a parent who needs a break. Let the Lord open your eyes to the needs of those around you.
Day 4	Philippians 2:3-4	What are you passionate about or good at? Now, find someone else who is better than you are, and pay them a genuine compliment.
Day 5	1 Peter 5:5	Do something nice and unexpected for someone else, and don't tell them it was you. Before you go to bed, take some time to thank God for all the times he has blessed you, even when you didn't realize it.
Day 6	James 4:10	Thank someone who has helped get ahead by supporting you, encouraging you, counseling you, or providing monetary support, etc.
Day 7	Ephesians 4:2	Today, take out someone else's garbage, pick up trash in a park or in a public area, or clean someone's bathroom.
