

AMPLIFY

GROWING A
FAITH THAT LASTS

AMPLIFY: HUMILITY
LESSON 1: TO BE HUMBLE IS TO BE HONORED

What we want students to learn: That humility is one of the core components of a Christ-follower's identity.

What we want students to do with what they've learned: To think about their life and consider where they are when it comes to embracing the kind of humility God calls for.

Scripture Focus: Proverbs 3:34, Proverbs 11:2, Philippians 4:10-13

Overview: Scripture is consistent on God's call to be humble. It is a virtue highly praised by God and His Word. And it's one that is pretty uncommon in the world around us. This series will call your students to embrace humility. They'll start by seeing a general overview of Scripture's call to embrace this characteristic.

TEACHER PREP VIDEO

Each **Amplify** lesson comes with a Teacher Prep Video. These are short videos designed to help you grasp the main point of the lesson as you prepare to teach.

To access your **Humility** lesson 1 Teacher Prep Video, login to your Lesson Manager, navigate to lesson 1 and click on the "Background" tab. You'll notice the Teacher Prep Video near the top of the Lesson Manager window.

BIBLE BACKGROUND

The **Bible Background** is designed to help you provide some context for the Scripture you'll be studying. The Details gives you background info for each book, The Setting informs you what's happening in and around the passage, and The Main Point gives you an overview of how the passage will be used in the lesson.

- **What do we mean by "context"?** In every **YM360** Bible study lesson, you'll notice we make a point to encourage you to provide the context for the passages you study. By "context" we mean at the very least helping students know **who** wrote the book, **when** it was written, and **why** it was written.
- **What's the big deal?** When we teach the Bible without giving context, students don't get a "big picture" understanding of the story of the Bible. But this view is vital to grasping the story of God's plan of redemption for humankind. As you teach, use the **Bible Background** to help summarize the context.

THE DETAILS

Proverbs

- **Author:** Proverbs initially is attributed to Solomon in its earliest chapters; however, chapter 22 reveals that some of the book's sayings were articulated by a circle of other wise men, referred to as "the sayings of the wise." (24:23) Chapters 30 and 31 were inspired through Agur son of Jakeh and King Lemuel respectively.
- **Timeframe:** The bulk of the book of Proverbs stem from Solomon's era during the Tenth Century B.C. when Israel was united as a kingdom. Some chapters, such as references to Hezekiah's men, indicate additional compilation took place between 715 B.C. to 686 B.C., or perhaps that this was when the complete book

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of Proverbs was retroactively tied together.

- **Purpose:** The primary purpose of a proverb is to offer a short, compact truth that leads to wisdom, a godly life and a fuller understanding of choices and consequences. They are predominantly observational as if written out of one's own experiences or insight from the Lord.

Philippians

- **Author:** The Apostle Paul wrote the letter to the Philippians. Of course, we know Paul as the one-time chief enemy of the Church. After his miraculous conversion on the road to Damascus, Paul would go on to have a position of great importance in the early Church and beyond. He wrote 13 of the 27 books of the New Testament.
- **Timeframe:** Philippians was one of the last letters Paul wrote before he was martyred, sometime around A.D. 62.
- **Purpose:** Philippians was written to Paul's close friends at the Philippian church, thanking them for their kindness and prayers while he was in prison. And he was encouraging them not to lose their faith because of his persecution.

THE MAIN POINT

This lesson will make three points. First, the lesson will highlight that God desires for all of His children to be humble. Humility is a quality that God highly esteems in His Word and is the standard for all those within His family to live by. The second point is that the opposite of pride is humility. We don't have to look long or far to notice that our world is dominated by pride. The Lord hates pride because it is an assault against His kingly position, but He cherishes humility. Finally, the last point is that humility only comes when we lean on the Lord's strength. We cannot manufacture humility, but when we behold Jesus, then we can be transformed into humble people.

LESSON PLAN

The **Lesson Plan** contains three elements: An introductory activity called **The Lead In**; the Bible study section called **The Main Event**; an application-focused segment called **The Last Word**.

THE LEAD IN

- **Goal:** To help students to see that humility will always serve them better than pride.
- **Set-Up:** You will need a couple of sheets of copy paper to complete this activity. You will also need to print out the pdf and hand pages 5-6 to only one of the competing parties.
- **PDF Link:** <http://www.hammermill.com/wp-content/uploads/pdfs/how-to-make-and-test-a-paper-airplane.pdf>

FIRST, explain to your group that today is going to start off with a paper airplane competition! Depending on the size of your group, you can either select two people to compete against each other, or you can divide them into two teams, Team A and Team B. Offer the question to them, "Which one of you knows without a doubt that you are going to win the competition?" Whichever team that answers first will be the team that does NOT receive the instructions and they will be Team A. Team B will be able to receive the instructions that will aid them in building the plane.

THEN, assemble your competitors and give them a couple of blank sheets of copy paper. Give the appropriate team

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the instructions. Tell them that they both have 3 minutes to build the airplane. Once the time limit is up, throw them, and measure to see who has the longest throw. Doing two or three rounds may be helpful. There's no cheating by watching YouTube tutorial videos! The idea is that because Team B will pull out the victory due to the distinct advantage they were given.

FINALLY, say something like this:

- **I hope you guys enjoyed that! As you noticed, the team that had the instructions was able to build a better flying airplane. The point of this activity was to show that when we assume we are the best and don't need help, then we don't live up to the potential in front of us. In fact, that's called pride, and we are called to die to that. Our lesson today is going to teach us about the importance of humility in the Christian life. Humility is the ability to count others more worthy than ourselves and to confess that we don't have all of the answers. Because Team B embodied the most humility, they were better equipped for the challenge at hand, and it paid off for them! Now, let's go ahead and see what Scripture has to say about humility.**

IF Team A just so happens to have paper airplane wizards and origami experts and wins, you can say this:

- **Congratulations to Team A! They foiled the purpose of the activity, but I promise you that it does not always turn out that way. Let me ask you this question... Has someone ever tried to help you with something because you were struggling, but you refused their help? Allow some time for response. This happens all the time with children. From the toddler who to the teenager who refuses tutoring even though they need it. Pride is an obstacle that hinders our relationship with God, but humility is a Spirit-given disposition that allows God to work in and through our lives. Now, let's go ahead and turn to Scripture to see what the Lord has to say.**

THE MAIN EVENT

- **Goal:** To show students that humility is one of the core components of a Christ-follower's identity.
- **Set Up:** No set-up needed.

FIRST, explain to your students that today the lesson will be coming out of Proverbs to start. Provide some brief context on the Proverbs from the Bible Background and explain to them that they are a set of principles, not promises. Not every proverb will come true 100% of the time; however, they are a collection of wise sayings that will help to prosper one in life.

NEXT, have a student read Proverbs 3:34. Ask:

- **This verse talks about scorers... What kind of people is Solomon talking about here?**
 - Answer: A synonym for the word "scorn" is "contempt." These are the people that always find the negative in others and fail to build others up. The Message version calls them "proud skeptics." They doubt God and do not trust in His goodness.

THEN, point out to them that God will deal with them how they have dealt with Him. Galatians 6:7 says, "Do not be deceived. God cannot be mocked. A man reaps what he sows." While it is true that the Lord is merciful and kind, He

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also will not be trifled with. In the second half of the verse, we have a juxtaposition going on. Solomon is contrasting the scorner to the humble man. We read that the man of humility finds favor with God.

Ask this:

- **Why do you think God values humility so highly?**
 - Answer: God calls all of His children to be humble because it reflects His character. Humility always puts our neighbor before ourselves, and that is the type of love that God calls us into.
- **How does embracing humility help our gospel witness?**
 - Answer: Humility is attractive to people because they know that you aren't judging them or think of yourself more highly than they do. We don't gravitate towards friendships with know-it-alls or too cool for school kids because we wouldn't enjoy being around them. Colossians 3:12 commands us, if we clothe ourselves in humility, then we will shine brightly in a dark world.

Read them this quote from C.S. Lewis: "Humility is not thinking less of yourself, it is thinking of yourself less." Ask them:

- **Have you ever considered humility like this before? How is it different or the same from what you previously thought? Allow some time for discussion.**

NEXT, turn to Proverbs 11:2 and have a student read this verse. Explain to students that there are two kinds of pride. There is the type of pride that you might have in your school after they win a football championship or in a friend when they've just aced a test. This is not the type of pride that the Bible is talking about. The other type of pride is one that is self-elevating and diminishing towards others. It puts you as the hero of your own story every time and leaves little to no recognition for the Lord. Typical prideful statements may be, "I'm better than those people.", "I can do this myself.", "No one is in control of me. I can do whatever I want." Pride can arise in many corners of our lives, so we always need to be on guard, ready to repent of and turn from our pride. Then, go ahead and ask:

- **Verse 2 says that disgrace follows pride. Can you think of any examples from Scripture of those who have been disgraced after falling victim to pride? (Don't feel pressure to use any or all of these.)**
 - Adam and Eve were cast out of the Garden after their pride believed the serpent over God
 - Moses' pride caused him to strike the rock which prevented him from stepping foot in the promised land
 - Samson's pride disillusioned him into thinking he was invincible which ended in his demise
 - Jonah's pride spurred him to run from the Lord when he was called to go to Nineveh, and that landed him in the belly of a fish for three days
 - Judas' pride led him to become a thief and eventually led to his death

Our second point of the day is that pride is the opposite of humility. To illustrate, take a little bit of time to play the "Opposites" game with your students. Tell them that they progressively get harder.

- **What is the opposite of ...?**
 - Hot? Cold.
 - Wet? Dry.
 - Sharp? Dull.
 - Graceful? Clumsy.
 - Imitation? Genuine.
 - Smelly? Fragrant.

THEN, say something similar to this:

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- **Just as these words have opposites, the opposite of humility is pride. Pride assumes that you have all the answers, while humility admits that you don't. Pride wants to rule over people, while humility desires to serve people. Pride speaks over someone else, while humility listens to another. Pride drives you into isolation, while humility drives you into community. God has charged each one of us to live a life of humility. This means that we have to lay down our pride in pursuit of humility.**

Ask this:

Do you have an example of how you have acted in humility, and you saw that it worked out in your favor?

NEXT, read or have a student read Philippians 4:10-13. Explain that although the idea of humility is not explicit in the passage, it is still there because humility and contentment are tied together. Go ahead and ask:

- **Paul references in this passage about how he has faced obstacles during his missionary journeys. Can anyone recall the kind of suffering that Paul went through?**
 - Answer: 2 Corinthians 11 tells us that He was lashed, beaten with rods, stoned, shipwrecked, snake bitten, in constant danger of everything, and he was in need of food and hunger. This brother had it rough.
- **At the beginning of verse 10, Paul says, "I rejoiced in the Lord greatly..." What are some things that keep you from rejoicing in the Lord?**
 - Answers will vary but could include fears, insecurities, the past, bad relationships, and more.
- **What is the secret to contentment that Paul is talking about?**
 - Paul can conquer any circumstance because God has become the source of His strength. If his joy were contingent on things going well for him, he would have never found contentment!

THEN, point out that humility is easier to come by whenever things haven't gone our way. If we've lost the ball game or didn't make the grade we thought we would, we wouldn't be tempted to boast. However, when we've hit the game-winning shot or got our crush to agree to go to the dance, then it's easy to become prideful. We forget that all good gifts have come down from our Heavenly Father. In life, we're all bound to experience victories and failures, but we are not defined by them. Paul understood that God would sustain him through any circumstance and that is where his confidence and security came from. Then, ask:

- **Why is humility impossible to accomplish in our strength?**
 - Answer: We are naturally prideful and selfish people due to our sin nature! We can grit our teeth and try as much as we want, but true humility comes from a heart transformation.
- **In verse 13, Paul claims that He can do all things through Christ. What is Paul contending for here?**
 - Answer: He is not saying that God will bless whatever a person will do. But, he is saying that God will supply the strength and energy to accomplish everything that He has called you to. You can talk through the differences in your group if they come up.
- **We've talked through genuine humility, but what exactly is false humility?**
 - Answer: False humility is pretending to diminish ourselves to call attention and praise to ourselves. For example, it's the baseball player who said he had a bad game after hitting two home runs or the girl who denies a compliment just so the other person will defend it more so. False humility is just pride masquerading around.

FINALLY, wrap up this section by reminding the students of the three basic points of this lesson:

- **God calls all of His children to be humble.**




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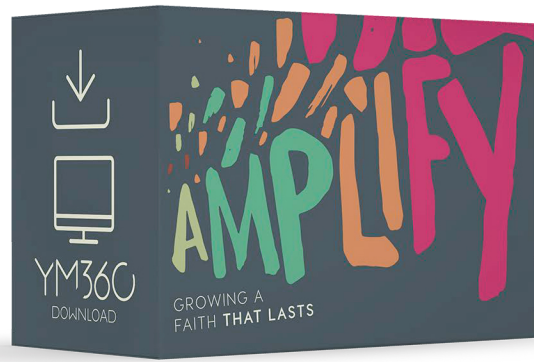
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We hope you have enjoyed this sample of this **Amplify: Growing a Faith That Lasts** study. Each **Amplify** lesson has a Leader Guide in PDF and DOC format that you can adjust to fit the needs of your group.

Do you have questions about this study? We're here to help! Contact our world-class Customer Care team at (888) 969-6360, email us at customercare@ym360.com, or Live Chat us through our website.



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This study is one of the 3-lesson studies in the Amplify curriculum.

Amplify is a 52-lesson youth ministry Bible study curriculum that will help your students lay the foundation of a lasting relationship with God through a study of the core concepts of their faith.

Included in each Amplify 3-lesson study:

- 3 Bible study lessons
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