

# DISCUSSION GUIDE

Jackie Groves | DNA of Humility  
DNA: Week 4

## Main Idea

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*DNA means the fundamental and distinctive characteristics or qualities of someone or something, especially when regarded as unchangeable. Our key verse for this DNA series is “And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him (Colossians 3:17).” It’s to see what God is doing in us so that God can work through us.*

Today we are talking about the DNA of humility. Humility is not thinking LESS of yourself, but thinking OF yourself less! Humility will keep you steady in your faith and relationships. God desires for us to have humble hearts because He never designed us for personal glory.

*“For no one can lay a foundation other than the one which is [already] laid, which is Jesus Christ.” 1 Corinthians 3:11 (AMP)*

*Additional Scriptures: Proverbs 16:18, 1 Corinthians 1:28-29, Proverbs 22:4*

### **HUMILITY CAUSES US TO LISTEN**

Healthy relationships involve people that LISTEN more than they talk. Our words CREATE our atmospheres! Our words should build faith in others. They should not draw attention to ourselves. Do you listen more than you speak? How do you personally measure your words to ensure that you affirm and encourage others?

*Additional Scriptures: Matthew 11:15, John 3:30, Ephesians 4:29, Luke 18:14*

### **HUMILITY EMBRACES THE “HIDDEN” SEASONS**

Pastor Jackie shared that we shouldn't be afraid to be small. What does being small mean to you? How do you know if your ambition is greater than your trust?

As we have all probably experienced, we will have some seasons of fruit and other seasons will be more for development and growth. What season are you in now?

*Additional Scripture: Psalm 1:3, Matthew 11:29*

## **HUMILITY LEADS TO DISCIPLESHIP**

Humility is not an ugly word, nor is it a weakness. When we are humble, we grow, we ask questions, and we connect to others in the process. Where are you growing and who are you growing with?

*Additional Scripture: Psalm 25:9, Philippians 2:1-11*

# Summary

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*Humility is not a weakness but an asset in the DNA of the believer's life. It is when we think of others more than ourselves. It's when we listen more than we speak. Humility faces every season as an opportunity to learn and grow. It's part of the discipleship process. We ask questions, we learn, we grow and then we help others to do the same. Humility brings blessing.*

# Call To Action

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Humility keeps us steady in our faith and relationships. As you strive to think of others more than yourself, consider these calls to action.

1. Think for a moment about some of your closest relationships. Do you do more of the talking or more of the listening? Make a conscious effort to listen before you speak and allow the conversation to focus on them.
2. Define your season in life and jot down some of the things that you need to learn during this time. What fruit are you hoping to produce in this season?
3. Take Pastor Jackie's "Humility Challenge." Ask a close friend to hold you accountable to it and share your journey.

# Group Leader Resource

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## Game: Starburst Exchange

Buy a large bag of Starburst (or some other candy) and give each person the same amount (try 10). Start by stating something you've never done that you think everyone else has done.

For example, you might say, "I've never had a birthday party," or some other true statement about yourself that you think everyone else has surely done. Then everyone who has had a birthday party pays you one Starburst. You pay everyone who has not had a party.

Keep playing until everyone has a turn or until someone runs out of Starburst. Obviously, the idea is to end up with the most.

Tips: People will like this icebreaker because it involves candy. Bring more for people to eat during the study too. Plan on this icebreaker taking 20-30 minutes, depending on your group size. You can shorten it by not waiting until someone runs out of candy to stop.

Feel free to mix up the candy, but since pieces are passing back and forth, people will probably prefer something wrapped.