



MIXTAPE

The Secret Sauce

#npmixtape

Week 3

3 of 4

October 21, 2018

Bottom Line: Invisibles of humility are vital.

Icebreaker: Who is the most famous person you have ever met? How did you happen to meet them?

Key Verse: *All of you, clothe yourselves with humility toward one another, because, "God opposes the proud but shows favor to the humble." Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.* 1 Peter 5:5-7

Think for a moment. Whom do you know that you would describe as a humble person? Now think of someone you know whom you would describe as arrogant and proud (no names, please!). Which of the two people are the most attractive and compelling to know? Why do you think that is?

Peter reminds us that even God is unattracted to proud and arrogant people. He pulls back from them, and even actively opposes them. God becomes a force against people who are arrogant, demanding, and judging. On the other hand, he has a soft spot for those who are humble. He actively shows them favor. The dictionary says that favor means "approval, support, liking, kindness beyond what is due or normal." Isn't that what we all want—to be approved, supported, liked, and shown kindness beyond what is normal or expected from God? The way to obtain it is humility.

We as humans are made in the image of God, so it is natural that the elements that are required in a successful and satisfying relationship with God are also essential in our relationships with others. Humility is a magnetic quality in a marriage or any close relationship. A person who appears to know it all, and demands that his needs be met in the manner he requires, creates distance between himself and the very people he wants to love him. We all have desires in our relationships, but demanding and defending are not the way to get there. Assuming a humble stance, working with God to be covered in humility, draws God close to us and extends into the relationships that are most difficult. God shows His power on our behalf. Humility says, "I am offering all I have and am for all you need." Humility engages God and others to lift me up.

THINK IT OVER >>>

What impacted you most from the message?

"People don't rush into a relationship because they are eager to give their lives away to someone. They are hoping to get something more than they are getting now." How does this set us up for struggle?

"If you start doing what a humble person does, you will be humble." What does a humble person do? How can you keep this from being sheerly manipulative on your part?

"When you choose humility, you are literally choosing the safest place, because God leans into you." Discuss. Have you ever tried this and found it to be true in a difficult relationship? If so, explain.

A humble person serves, is patient, is a peacemaker, and asks for help. Which is hardest for you? Why?

LOOK IT OVER <<<

Humble people lean on God. "Apart from me you can do nothing," says Jesus. We typically don't start with God when we are struggling in a relationship. What would it look like to humbly lean on God in a relationship, yet take responsibility for my actions?

"If we are His, the only things that come into our lives are the things He allows." Agree or disagree?

The word for "burden" in Psalm 55:22 means, "Whatever He has given you." Why do you think God allows us to have burdens or difficulties in relationships? How do you "cast your burden on the Lord"?

How does the question, "What can I do to help?" change the texture of a relationship? What does "invisibles" mean in the context of humility?

NEXT STEPS

This week consider taking some next steps together as a group:

- 1) Attend a Married Life Live.
- 2) Ask each other, "What can I do to help you?"

EVALUATION/ACTION

Realizing and reaching your full potential in Christ

Bottom Line: Invisibles of humility are vital.

Rate yourself from 1 to 10 1 (never), 10 (always)	1	2	3	4		6	7	8	9	10
Why did you give yourself this rating?										
What benefits will you obtain by raising your rating?										
Do you know someone who demonstrates this bottom line well? What do you admire about that person?										
What specific action can you put into practice to raise your rating?										
At the end of this week, reflect - where did you see the bottom line show up in your actions throughout the week?										

PRAYER

List group members and their prayer requests for this week:

DAILY STUDY

Want to dig deeper? Check out **The Daily** this week at newpointe.org/daily:

Monday: 1 Peter 5:5

Tuesday: Galatians 5:13

Wednesday: Ephesians 4:2

Thursday: Romans 12:16

Friday: Philippians 2:4

Don't let the conversation stop here. Keep talking it over with others throughout the week.
(Don't forget to bring this paper to your next small group meeting)