



Deuteronomy 6:7 is a call for parents/grandparents/adults to talk about faith issues throughout the day. We have a chance to be facilitators of intentional connect conversations with our children.

Here is what the verse says about faith matters...

“Impress them upon your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.” -Deut 6:7



Mealtime
...when you sit at home...
Try this: Take a spoon and pass it around the table, whoever has the spoon it is their time to share.

Verse:
Each of you should look not only to your own interests, but also to the interests of others (Phil. 2:4)

Finish one of the phrases:
-I am selfish when I...
-I am selfless when I...
-I look to the interests of others when I...
-I ask Jesus to help me when I...

Prayer:
Dear Jesus, thank you for showing us what it means to be humble. Help us to look not only to our own interests, but also to the interests of one another. Amen!



Drivetime ...along the road...

Key Verse:
Humble yourselves before the Lord and he will lift you up (James 4:10)
By the grace given me I say to every one of you: Do not think more highly of yourself than you ought (Romans 12:3a)

Questions:
When was a time you thought more highly of yourself than you should have?
What's the difference between delighting in the gifts God has given you and being proud in a self-centered way?
What are you most proud of?
Who blessed you with that gift?
How can you use that gift in a selfless, humble way?

Prayer:
O God, thank you for lifting us up when we get on our knees in prayer. Help us not to think more highly of ourselves than we should. Help us to delight in the gifts you have given us, and to lift others up by sharing them. Amen!

Morningtime
...when you get up...

Jesus humbled himself and God lifted Jesus up to the highest place. Find a spot in your house where you can begin this day on your knees in prayer, with the same attitude of Christ Jesus!

To you, O Lord, I lift up my soul, in you I trust, O my God (Ps 25:1-2)


ConnectTip:
Throughout the bible Jesus engaged in conversations with people. It was those moments that many lives were changed. He wants to do the same through us. Take the moment... make the moment.

Nighttime
...when you lie down...

Question:
Is there ever an appropriate time to boast or brag?

Read:
Luke 18:9-14

Say:
All gifts are from God. Jesus teaches us how to look to the needs of other people and to use the gifts we've been given to bless one another.



Night Time Prayer:
Dear Heavenly Father, thank you for keeping us humble. Help us to see and love ourselves the way you see and love us. Help us to use the gifts you've given us to bless everyone you bring into our lives. Amen!

Parents are the #1 influence in the lives of their children. 6:7 is a tool to help families engage in those meaningful conversations. St. Paul Lutheran Church, Kodiak, Alaska

Daily Walk on the Rock



St. Paul Lutheran Church

“Your Refuge from the Storm”

Date: October 15, 2023

Text: Psalm 25:1-9, Philippians 2:1-13

**Theme: Believing Is Seeing!
A Picture of Humility**

Day 1: Monday—What Is Humility?

Our theme is about humility, and Jesus demonstrates the heart of what true humility is. Think about what humility is and is not. It's not walking with our eyes to the ground; it's not concentrating on acting humble, for self-focus of any kind is, in many ways, the opposite of humility. But what is it? Read Psalm 25:1-9. To whom is the Psalmist looking? In whom is his trust and hope placed? Notice the verbs in 25:4-5; is the Psalmist intent on his personal agenda? Now read Philippians 2:1-13. What is the contrast noted in 2:3; how did Jesus demonstrate humility (2:5-8)? Use Psalm 25:1-9 as the basis for your prayer. Consider memorizing verses 4-5.

Day 2: Tuesday—Andrew Murray's Definition of Humility

Classic Christian writer Andrew Murray, in his book *Humility*, writes, “True humility is the displacement of self by the enthronement of God.” Ponder this as you read our theme texts, Psalm 25:1-9 and Philippians 2:1-13. What in the Psalmist's prayer (25:1-7) indicates that he wants to put the LORD (Yahweh) on the throne of his life? How did Jesus demonstrate submission to the Father (read John 6:38; 8:29; and Philippians 2:1-8; allow the Spirit to recall for you other pictures of Jesus' humility/submission to God the Father)? What is the Spirit speaking into your heart through these texts and Murray's words? Bow (*kneel, if possible*) before the Lord in prayer.

Day 3: Wednesday—An Exhortation and a Hymn

Paul, writing to the Philippians from prison, understands the importance of living in humble submission to God and in humble, selfless, loving relationships with others. In Philippians 2:1-13, he exhorts the Philippians to live according to God's plan and pur-pose (2:1-4, 12-13), and he uses an early hymn or creed to remind them of how Jesus lived this perfectly (2:5-11). Who gets the glory (2:11; see also Matthew 5:16; Romans 15:5-7)? Use Jeremy Riddle's lyrics as your prayer: “At the cross You beckon me; You draw me gently to my knees, and I am lost for words, so lost in love; I'm sweetly broken, wholly surrendered” (2005 *Mercy/Vineyard Publishing*).

Day 4: Thursday—JOY

JOY: Jesus, Others, Yourself is an often used Sunday School acronym. It's also a model for living humbly before our God. Think about what brings you real, abiding joy: is it rooted in loving de-

votion to God and loving service to and relationship with others? Read John 13:34-35; 15:9-13; Romans 12:10; Ephesians 4:32-5:2; Philippians 2:1-11; and 1 John 4:7-13. Ponder again what humility is. Consider that when our joy is founded in loving submission to the Lord and passionately and compassionately looking to the needs of others, the Spirit is working in us the kind of humility that God desires. Meditate on Micah 6:8, and pray the Spirit will enable you to live JOY.

Day 5: Friday—In What Ways Are We Willing to Empty Ourselves?

Read Philippians 2:1-11. With Paul's words cradled in your heart, meditate on this word picture of how Jesus emptied himself for us: “Omnipotent, he cried; the owner of all things, he had no home. The King of kings, he became a bondservant; the source of truth, he was found guilty of blasphemy; the Creator, he was spit on by the creatures; the giver of life, he was crucified naked on a cross...” (*Descending into Greatness, 1993, Zondervan, pp18-19*). Pray about what it means to empty yourself of selfish attitudes or ambitions and become humble like Jesus.

Day 6: Saturday—Only Through the Power of Christ in Us

If we try hard enough, can we become humble? How much effort will it take? The heart of humility is trust in God, dependence upon God, and obedience to God. Our only hope of living humbly before God is to do it through God's strength. If our focus is on ourselves, our efforts, and/or our ability, we will fail, but as we fix our eyes on Jesus, the Spirit works in and through us to surrender, love, serve, trust, and obey. Read Psalm 25:1,4-5,9; John 15:4-5; Romans 15:5-6,13; 1 Corinthians 4:7; 2 Corinthians 12:9-10; and Philippians 2:1-13; 4:13,19.

Day 7: Sunday—Name Above All Names!

Read Matthew 2:11; Romans 14:11; Philippians 2:9-11; and Revelation 5:11-14. Pray/sing to the Lord every song you can recall that lifts high the name of Jesus. Need suggestions? **“Jesus, name above all names, beautiful Savior, glorious Lord. Emmanuel, God is with us, blessed Redeemer, Living Word” (Naida Hearn: 1974, Maranatha Music); “His name is Wonderful... Jesus my Lord; He's the great Shepherd, the Rock of all ages, Almighty God is He. Bow down before Him, love and adore Him; His name is Wonderful, Jesus, my Lord” (Audrey Mier, 1987, Manna Music); and/or “All Hail the Power of Jesus' Name” (Perronet and Rippon).*

LifeGroup Study

Date: October 15, 2023

Text: Psalm 25:1-9, Philippians 2:1-13

**Theme: Believing Is Seeing!
A Picture of Humility**

Belong Whose face do you picture in your mind when you think of the most humble person you know? What is it about them that makes you think of them as being humble? Is their humility something you want to build within yourself? How do you know when you've achieved humility?

Humility can be easily misunderstood and hard to achieve if we don't have a clear picture of what it is. It seems that in order for us to get ahead we need to show how we are better than others and humbling ourselves seems to conflict with that. How does the humble person you identified fit into this picture?

On the other hand, when we've messed up and made mistakes, we start to lose confidence in ourselves and worry about what others are thinking of us. Our insecurity and embarrassment grow and humiliation starts to creep in and move us to question ourselves. This most likely doesn't fit the humble person you pictured either, so what exactly does it mean to be humble? This week's text from Paul's letter to the Philippians paints a picture with Jesus in the center to help us understand how humility is an essential part of realizing the life God intends for us.

Prayer... Heavenly Father, we recognize that humility is at the center of life by being part of the foundation of relationships in our lives, yet it can be very difficult to make ourselves vulnerable when life is overwhelming. Help us see that you've given us the strength and courage to move our hearts toward humility. Amen.

Believe Read Psalm 25:1-9. This prayer from David is a model that shows us how we can pray. The beginning of the prayer puts David in a vulnerable position when he begins by lifting his soul to and declaring his trust in the Lord. By beginning this way, David (and we) show a willingness to have a heart open to him.

The next part of the prayer recognizes that we make mistakes and trust God's love and mercy to help us through. This moves us to realize that we are in a lower position. When our hearts are focused on being humble we allow ourselves to be open to listening and understanding God's words which moves us to motivate our actions based on God's guidance.

- *What does David mean when he says "No one whose hope is in you will ever be put to shame"?*
- *What is meant by "He guides the humble and teaches them his way..."?*

Read Philippians 2:1-13. Paul visited Philippi with Silas and Timothy around 50 AD and established his first church in Eu-

rope. He wrote this letter while imprisoned in Rome around 61 AD after being visited by Epaphroditus, a member of the church in Philippi. Epaphroditus had brought contributions to Paul from the members of the church, showing how much affection they had for him. Paul sent this letter back to them to not only thank them but to also strengthen and encourage them.

- *Did you feel encouragement from this letter? Share your thoughts.*

This text starts with Paul encouraging the members of the church to be one in spirit and purpose, knowing that people are not always on the same page and that differing opinions and agendas can cause any organization to become fractured and torn apart. Paul reminds them of their connection to Jesus and each other through compassion and love to encourage them to put aside their differences for the sake of their community. He goes on to tell them how they can bring about unity by not thinking about themselves and considering others better than themselves.

- *What is selfish ambition?*
- *Why does Paul tell the Philippians to consider others better than themselves?*
- *Have you experienced disunity in the church? How was it handled? Was humility part of the solution?*

Paul continues his encouragement by using a hymn sung in the early Christian church. The hymn starts out saying that our attitude should be just like Jesus and goes on to confirm who Jesus was by showing how he took on the very nature of a servant and humbled himself and that God exalted him to the highest place. Paul then encourages the Philippians to continue to allow God to work through them for God's good purpose.

- *What do you think is the main point of the hymn? How does this encourage us to be humble?*
- *How can we let God work through us? How does that help us achieve humility?*

Become We often get the false impression that humility means self-deprecating humor and allowing people to walk all over us while we give in to their every demand. We seem to think that we are not supposed to act with confidence lest we give the impression we feel superior to others. Jesus moved with great confidence and yet no one would accuse him of being anything but humble. Jesus shows us that when we allow our hearts to be guided by God we start to see and move in the world with compassion, love, confidence, and humility: confident in God and what he wants to achieve through us, we humbly realize that all of God's creations are worthy of our compassion and love. Humility allows our hearts to see others as equals and moves us to take action based on their needs and not our own.

Prayer... Lord God, we open our hearts and minds to you so that you may work through us for your purpose. We desire to live our lives as Jesus did with love, compassion, and humility, knowing that is what will allow you to work through us. Help us. Amen.