

FOOD FOR THOUGHT *(continued)*

TAKING IT HOME

1. Read **Matthew 20:20-28**. In what practical ways could you follow the example of Jesus and humbly serve others around you on a day-to-day basis?

2. How does pride MANIFEST itself in you? In what ways do you protect your own image?

3. What does pride MASQUERADE as in you?

4. Is there a relationship in your life in which you need to initiate reconciliation? What is keeping you from doing that this week? What will it ultimately cost you if you don't?

5. What might God be asking you to do with this message?

MESSAGE NOTES

Emotional Health // Week 4

You cannot be spiritually mature & remain emotionally IMMATURE.

MEMORY VERSE:

*Above all else, guard your heart, for everything you do flows from it. **Proverbs 4:23***

Pride says, “IT’S ALL ABOUT ME”.

1. Pride is simply an obsession with SELF.

*God opposes the proud but gives grace to the humble. **1 Peter 5:5***

2. Pride is often driven by INSECURITY.

3. Pride prevents my personal GROWTH.

*People who accept discipline are on the pathway to life, but those who ignore correction go astray. **Proverbs 10:17***

4. Pride shuts out OTHERS.

*Pride leads to conflict; those who take advice are wise. **Proverbs 13:10***

5. Pride shuts out GOD.

*In his pride the wicked man does not seek him; in all his thoughts there is no room for God. **Psalms 10:4***

The way to clean our pride is through HUMILITY.



PERSONAL NOTES

What Jesus taught and modeled:

1. The invitation to follow Jesus is an invitation to UNFOLLOW pride.

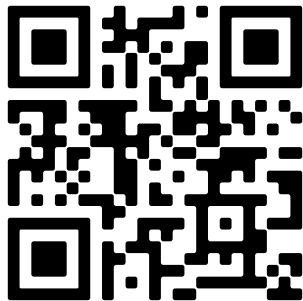
*God blesses those who are humble, for they will inherit the whole earth. **Matthew 5:5***

2. Jesus INITIATED reconciliation.

*You must have the same attitude that Christ Jesus had. Though he was God, he did not think of equality with God as something to cling to. Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human form, he humbled himself in obedience to God and died a criminal's death on a cross. **Philippians 2:3-8***

*So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. Give all your worries and cares to God, for he cares about you. **1 Peter 5:6-7***

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FOOD FOR THOUGHT

Our Winter Groups Season kicks off THIS WEEK! During this season, use these questions to facilitate discussion with your Group or for personal study.

GETTING TO KNOW YOU

1. As you reflect on the talk from Sunday, was there anything that particularly caught your attention, challenged you, or confused you?

2. Can you think of a time when you knew the right thing to do, but you let pride prevent you from doing it? What did it cost you in the end?

DIGGING DEEPER

1. Read **Philippians 2:5-8**. What would it look like for you to have the same mindset as Jesus in your relationships with others? What are some obstacles to treating others that way?

2. Read **1 Peter 5:5-7**. What emotions do these verses address when it comes to dealing with our pride?

“Be doers of the word and not hearers only...” *James 1:22*

