

## **Humility**

### **Introduction**

Sometimes God puts us in positions to practice humility or learn the hard way. I remember one time when I was a young, arrogant high school senior, I was set to return a punt during a varsity football game. The kick was high, and the sun was in my eyes. I remember making a great catch and the crowd screaming. Being full of adrenalin, I took off running and suddenly realized I was going the wrong way and about to run into the end zone! Boy, was I humbled that day!

### **Application**

1. Have you had the experience of being humbled during your athletic career?
2. What effect did being humbled have on you?
3. Who is the most humble athlete you know?

### **Bridge**

1. Proverbs 16:18-19 says: *“Pride comes before destruction, and an arrogant spirit before a fall. Better to be lowly of spirit with the humble than to divide plunder with the proud.”*
2. Athletes can be prideful, arrogant and haughty, but how does the Lord say we should behave?
3. Describe a time when your pride got the best of you.
4. How did it affect your performance and the team?

### **Connection**

1. As athletes, we want to be the best at what we do. But, it's really who we are and how we compete that matters. Look at this quote from the FCA Competitors Creed, “I do not trust in myself. I do not boast in my abilities or believe in my own strength. I rely solely on the power of God. I compete for the pleasure of my heavenly father, the honor of Christ and reputation of the Holy Spirit.”
2. As a true competitor for Christ, how will you practice humility this season?

### **Discovery**

There is a great blessing in store for those who practice humility. God promises in Proverbs 22:4 that *“the result of humility is fear of the Lord, along with wealth, honor, and life.”* Pray for your team to better exhibit a spirit of humility to each other and your opponents.

## Close

Memory verse: *“He must increase, but I must decrease.”* – John 3:30

### **Bible Reference:**

Proverbs 16:18-19

John 3:30

### **Topic:**

Humility

Pride

Attitude



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