

Hope Presbyterian Church
Sermon-Based Bible Study

May 17, 2026

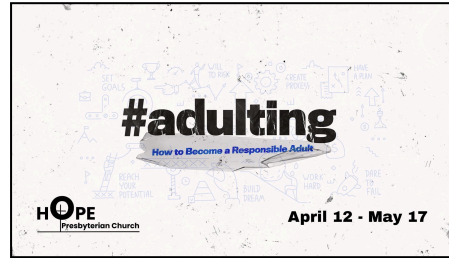
“Be Humble”

#6 in the series

#adulting: *How to Become a Responsible Adult*

Scripture Texts (CEB)

Proverbs 16:18-19, Proverbs 29:23,
Philippians 2:5-8



1. What stood out to you about the message?
2. Being humble means thinking less of yourself, but thinking of yourself less. It's about shifting the spotlight to others and valuing their perspectives.
 - How have you learned what it means to be humble?
 - Who has been an inspiration for humility in your experience?
3. **Read Proverbs 16:18-19.**

Although pride and humility are opposites, one helps us understand the other.

 - Pride - Meanings and origins
 - Ga'on (Hebrew) = inflated sense of self, haughtiness
 - Hybris (Greek) = extreme arrogance or overconfidence; root of hubris (English)
 - Humility and humble - Meanings and origins
 - Humilis (Latin) = quality of being modest, unpretentious, and free from arrogance
 - Why does pride often lead to a negative outcome?
 - Is humility a learned character trait? How do we learn it? Teach it?
 - How do you understand the difference between being humble and being humiliated?
4. **Read Proverbs 4:23**
 - How does pride lay someone “low”?
 - What does the proverb mean by “those of humble spirit gain honor”?
5. **Read Philippians 2:5-8.**

Paul's description of Jesus' humility provides the perfect picture of what being humble looks like.

 - Why is it difficult to grasp what being humble means in this modern day?
 - How do you respond to the following idea about what it means to be humble in the Biblical sense?
 - *Human pride grasps upward, Christ pours himself outward.*
 - How does being humble support the intent of the sermon series #adulting - How to Become a Responsible Adult?
6. How can we pray for you?