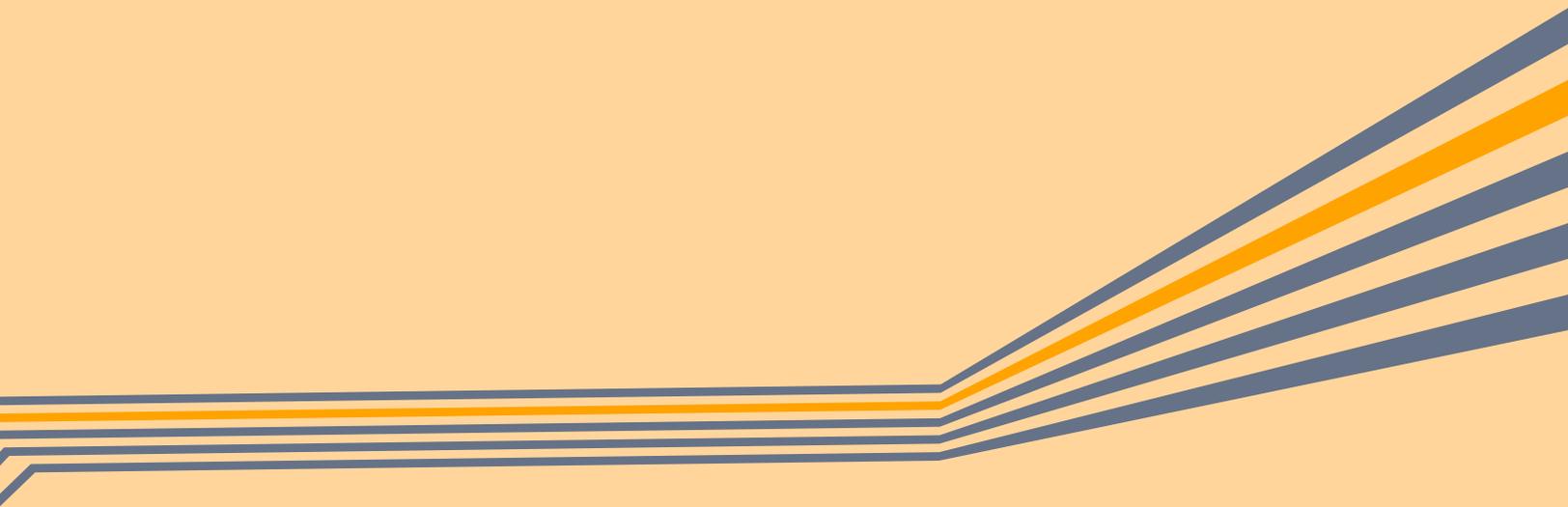
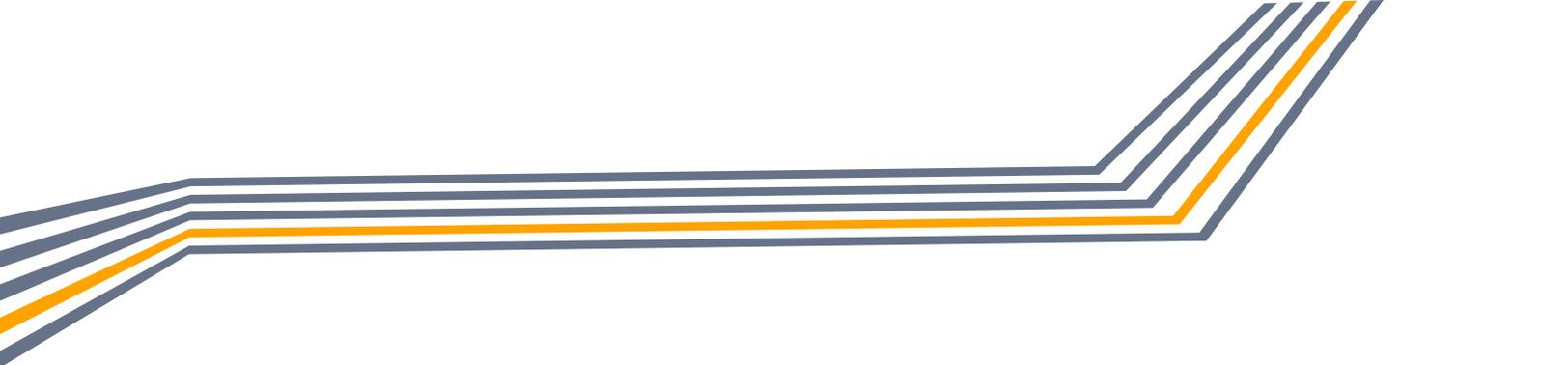


# SESSION 2





## SESSION 2 **A Humble Life**

Have you ever thought about how Jesus lived His life? He was always helping, healing, and encouraging those around Him. He was humble and overflowing with compassion. His mind was filled with wisdom, and His hands were always ready to serve.

This week, we'll discover together how to have a heart like Jesus, think with His wisdom, and serve with hands that genuinely care. I call it becoming a humble disciple, and it looks like this:

1. The heart of a humble disciple: A heart full of compassion and selfless love, always seeking to empathize and uplift those around.
2. The head of a humble disciple: A mindset anchored in wisdom and the Bible's teachings, valuing everyone's worth, including their own.
3. The hands of a humble disciple: Hands that put heart's intent and head's wisdom into tangible action, always reaching out to help and heal.

It's time to follow in Jesus' footsteps along a path of genuine humility, compassionate service, and encouragement!



# SESSION 2

## WEEKLY DEVOTIONAL



## DAY 8:

### EVERYONE NEEDS AN ENCOURAGER

*And when Saul had come to Jerusalem, he tried to join the disciples; but they were all afraid of him, and did not believe that he was a disciple. But Barnabas took him and brought him to the apostles. And he declared to them how he had seen the Lord on the road, and that He had spoken to him, and how he had preached boldly at Damascus in the name of Jesus.*

**ACTS 9:26-27**

**Of all the writings in the New Testament, Paul wrote the most.** That's quite a legacy. But did you know his journey with Jesus didn't start in a very promising way?

Today's verses share what happened after Paul (still called Saul at that point) had a life-changing experience with Jesus. He was changed dramatically—transformed from a fierce enemy of the cross to a joyful evangelist. However, the disciples didn't believe the man who had been persecuting their fellow Christians was genuine. Instead, they thought it was a ploy to win their trust and take them down from the inside.

How could Paul possibly overcome an obstacle like this? Well, Paul had an encourager named Barnabas in his life. An encourager is a true servant leader. Encouragers love, care for, and help others achieve the dreams God placed inside of them. Barnabas was an encourager who didn't look at people at face value. Encouragers see others through God's eyes, envisioning their full potential, encouraging them, and even becoming their champion.

After Barnabas served as an encourager for him, we see Paul become the same for many around him. Paul made it a habit and priority to help others discover the dream, purpose, and desires God put in their hearts.

While the disciples were leery of Paul at the beginning, the Philippian believers deeply trusted him—even from a distance. Why? Because Paul, like Barnabas, was an encourager for them!

Today, God wants us to become the same: true servant leaders who change the course of peoples' lives. Are you ready?

# REFLECT

## Memory Verse

*Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out only for your own interests, but take an interest in others, too.*

**Philippians 2:3-4**

To aid in your memorization, write out this week's memory verse:

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Who has been an encourager in your life?

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What did they say or do for you that made a real impact?

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When have you been an encourager for others?

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Who is God calling you to serve in this way right now? What can you do to be an encourager for them?

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## DAY 9:

### WHAT DOES JESUS SEE IN YOU?

*“For even the Son of Man did not come to be served, but to serve, and to give His life a ransom for many.”*

**MARK 10:45**

**Have you ever wondered what Jesus sees when He looks at you?** Could it be possible that He sees not just who you are now, but who you can become?

In Mark 10:45, Jesus declares His mission—to serve others and give His life as a ransom for many. He was the ultimate servant leader. He saw the potential in people. He saw fishermen by the Sea of Galilee and envisioned them as world-changers and carriers of the Good News.

We learned yesterday Jesus saw Paul for his potential, not for his past. Before his conversion, Paul was a persecutor, even a murderer, bent on destroying the Church (Acts 8:3). Now, let’s dig a little deeper into what actually happened when Paul met Jesus for the first time. Acts 9:1-4 tells us:

*Then Saul, still breathing threats and murder against the disciples of the Lord, went to the high priest and asked letters from him to the synagogues of Damascus, so that if he found any who were of the Way, whether men or women, he might bring them bound to Jerusalem. As he journeyed he came near Damascus, and suddenly a light shone around him from heaven. Then he fell to the ground, and heard a voice saying to him, “Saul, Saul, why are you persecuting Me?”*

Later, Paul in Acts 26:16 shared what else Jesus told him that day:

*“But rise and stand on your feet; for I have appeared to you for this purpose, to make you a minister and a witness...”*

Isn’t that powerful? Jesus saw beyond Paul’s rage. He saw a future apostle. Just like Paul, you too have been touched by the ultimate servant leader. Jesus sees beyond your flaws, your past mistakes, and your current circumstances and limitations. He sees the incredible potential within you waiting to be unlocked. After all, He put it there!

# REFLECT

## Memory Verse

*Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out only for your own interests, but take an interest in others, too.*

**Philippians 2:3-4**

To aid in your memorization, write out this week's memory verse:

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What mask are you wearing that you think Jesus can't see beyond?

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What dream has God placed in your heart?

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Are you ready for Jesus to help you follow that dream? If so, ask Him right now.

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How can you serve others this week in a way that reflects Jesus' mission in Mark 10:45?

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# DAY 10:

## HEART OF A HUMBLE DISCIPLE

*Is there any encouragement from belonging to Christ? Any comfort from his love? Any fellowship together in the Spirit? Are your hearts tender and compassionate? Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose. Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out only for your own interests, but take an interest in others, too.*

**PHILIPPIANS 2:1-4**

Today's guiding verses perfectly outline the traits that make up the heart of a humble disciple—encouragement, love, affection, and mercy. These traits create a “greenhouse effect,” they create an environment where dreams can flourish. Just like a plant needs the right conditions to grow, people need unconditional love, compassion, and encouragement to see their God-given dreams come to pass.

Jesus was the epitome of love and compassion. In Matthew 14:14, we read that Jesus was “...moved with compassion for them, and healed their sick.” He didn't just feel sorry for them; His compassion moved Him to action. Likewise, as His disciples, let's be moved by compassion to help others. Compassion compels us to invest our time, money, and effort into the lives of those in need.

When you see someone struggling, whether emotionally or financially, go beyond commenting on their social media posts. Take the time to show genuine concern. Ask yourself, “What would Jesus do in this situation?” Remember, unending joy is found in the way of Jesus. So my friend, let's walk as He walked.

# REFLECT

## Memory Verse

*Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out only for your own interests, but take an interest in others, too.*

**Philippians 2:3-4**

To aid in your memorization, write out this week's memory verse:

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What traits of a humble disciple do you already possess, and which do you need to develop?

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How can you create a "greenhouse effect" for someone's dreams to flourish?

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What specific action can you take today to show compassion to someone in need?

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# DAY 11:

## HEAD OF A HUMBLE DISCIPLE

*You must have the same attitude that Christ Jesus had.*

**PHILIPPIANS 2:5**

The mindset of a humble disciple is as crucial as the heart. Philippians 2:5 urges us to adopt the same mindset as Christ. This mindset is not just about how we feel but also about how we think—about ourselves, others, and God.

First, our thoughts about ourselves must be balanced. True humility doesn't mean devaluing ourselves; it means esteeming others without losing sight of our own worth. Romans 12:3 advises us to think soberly about ourselves, neither inflating nor deflating our self-worth.

Second, our thoughts about others must be correct. We must look past human frailties to see the fingerprint of God upon each person.

Last, our thoughts about God must be accurate. If we view God as stingy or limited, we'll walk in fear and comparison. Yet Romans 8:32 reminds us that God is the God of "more than enough." He freely gives us all things. God's nature is abundant.

So, how do we cultivate this mindset? By renewing our minds through Scripture. As we study and encounter God in the Bible, we learn to see ourselves and others through His eyes.

# REFLECT

## Memory Verse

*Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out only for your own interests, but take an interest in others, too.*

**Philippians 2:3-4**

To aid in your memorization, write out this week's memory verse:

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How does your current mindset align or conflict with the mindset of a humble disciple?

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What steps can you take to align your thoughts about God, others, and yourself with Scripture?

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Can you recall a time when renewing your thoughts led to a change in your actions?

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# DAY 12:

## HANDS OF A HUMBLE DISCIPLE

*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 2:7-8**

**Imagine trading a throne for a manger, and heavenly glory for earthly humility.** That's exactly what Jesus did to extend His hands to you and me.

Philippians 2:7-8 paints a vivid picture of Jesus' humility and servitude. He left the comfort and glory of heaven to become a servant on Earth. He traded a world of perfection for one of imperfection. He traded everything to extend His hands to humanity. That's true humility and love.

Jesus didn't just talk about servitude—He lived it. In John 13:3-5, we see Him washing the disciples' feet—an act reserved for only the lowest of servants. Even though He was fully aware of His divine identity, He chose to pick up a towel and wash grimy, dirty feet. His hands, soon to be pierced, served others until the end.

Jesus took the place of servanthood. He was the ultimate servant leader. He looked past Peter's impulsiveness and Paul's rage, loving them and believing the best in them. Jesus carried this commitment all the way to the cross, enduring pain and suffering for our sake. Sometimes, being a humble disciple is inconvenient and even painful. Where do you need to pick up a towel to serve and love others? Being a humble disciple is a cost worth paying.

Are you willing to extend your hands to help others—even if it costs you? Are you willing to make yourself “of no reputation”? Jesus did it for you—can you do it for someone else?

# REFLECT

## Memory Verse

*Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out only for your own interests, but take an interest in others, too.*

**Philippians 2:3-4**

To aid in your memorization, write out this week's memory verse:

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How have you extended your hand to help others in the past?

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Who has God put on your heart to help develop right now?

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How can you practically help that person grow and reach their God-given potential?

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What personal sacrifices might you have to make to become a humble disciple?

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# DAY 13:

## SEEING GOD AS HE IS

*Since he did not spare even his own Son but gave him up for us all, won't he also give us everything else?*

**ROMANS 8:32**

**When you imagine God, what is He like?** What does He care about? Is He interested in your life? Is He angry with you? Is He a limitless provider or a stingy gatekeeper?

Scripture reveals a God of abundance, the God of “more than enough.” He’s a God Who wants to fulfill the desires He placed in your heart (Psalm 37:4). However, if you don’t see God from a biblical perspective, every area of your life can suffer. Instead of seeing God as *He is*, you get stuck trying to follow God as *He’s not*.

Think of it like this. What if you believed touching a hot stove saves your hand from getting burned while cooking? I know... it’s ludicrous! But in the same way, believing lies creates very painful problems! Your beliefs shape your thoughts and your thoughts become actions.

How you view God determines how you pursue Him. If you believe He’s uninterested in you, would you spend time with Him? Probably not. But if you knew He loves you and is deeply interested in you, you would quickly shift your perspective.

I’ve found that going to Scripture directly is the most powerful way to see God as He really is—loving, compassionate, protective, generous, and more! Today’s guiding verse tells us that His generosity was so extravagant that He traded Jesus’ life for ours. Also, His deep desire is “to freely give us all things.”

Now, take a few moments to read the verses on the next page and then write down the perspective each gives us on what God is really like.

<b>Matthew 7:11</b>	
<b>2 Corinthians 9:8</b>	
<b>Psalm 84:11</b>	
<b>Lamentations 3:22-23</b>	
<b>Philippians 4:19</b>	

# REFLECT

## Memory Verse

*Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. Let each of you look out not only for his own interests, but also for the interests of others.*

**Philippians 2:3-4**

To aid in your memorization, write out this week's memory verse:

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What attribute of God's character stood out to you most? Why?

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Where do you need to replace lies about God with truth?

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Connect the dots between *believing right* with *living right*. Jot down or share a story with someone else that shows how your beliefs drove positive, or negative, actions.

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# WEEKLY REFLECTION

What are the top three realizations you had this session?

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What is the main thing you believe God wants you to apply?

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