



deep  
DISCIPLESHIP  
Multiply



**GOAL:** The goal of this lesson is twofold:

1. *To help students understand* how to grow this discipleship principle in their own lives through the Bible study, hard questions, activities, and specific life application.
2. *To help students multiply it.* The **Multiply It** section of this resource helps students see and learn how to live out this discipleship principle in a way that impacts others for God's kingdom.



Disciples who grow disciples increase their influence by carrying God's truth with humility.

3. *To make it easy for you* to facilitate and teach students. That is why the Facilitator Guide is packed with easy to use instructions, timeframes and questions that promote thinking and draw out real responses.



#### WHAT YOU WILL NEED:

- A copy of the Facilitator Guide for you and any other facilitators.
- A copy of the Student Guide for each participant.
- Be sure to check out the Live It Out section ahead of time to prepare.



**BACKGROUND:** This lesson is found in the APOLOGETICS Root of Multiply:

1. Humility
2. Trust

#### ***Here's what the Apologetics Root is all about:***

The Bible encourages us to defend our faith: "Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect," (1 Pet. 3:15). That's the point of apologetics—to explain our hope in Christ to others. We shouldn't do this in an overbearing way, as if we're hitting people over the head. On the other hand, we shouldn't detach ourselves from the rest of the world, too concerned with our own safety or offending someone that we never impact others. If we're confident in the truth God has given us, then we won't be ashamed to respectfully engage our culture in productive ways.



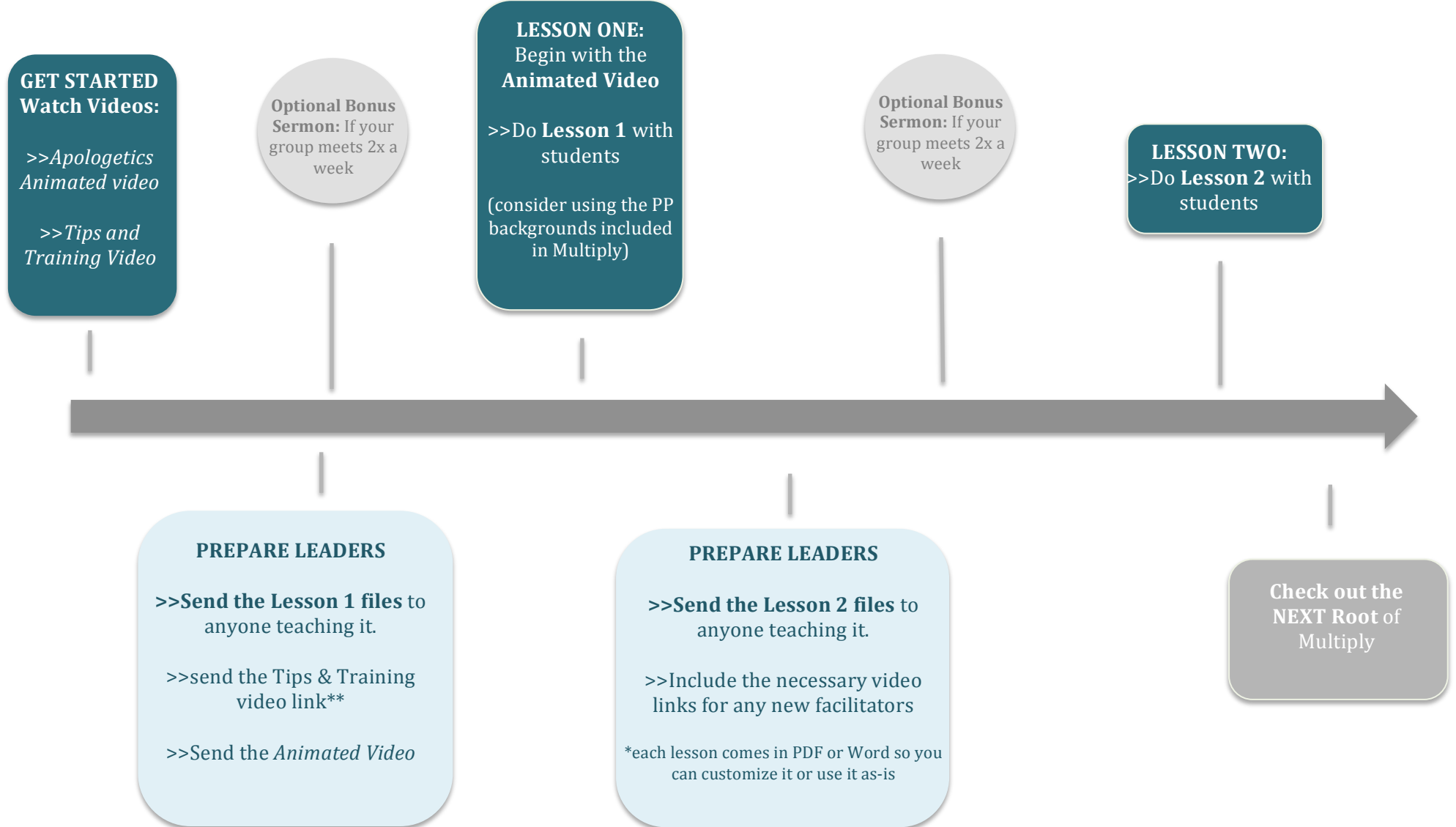


The Facilitator Guide contains everything in the Student Guide, plus some additional material. This table outlines the parts of each lesson and provides an approximate timeframe, which you can adapt to meet the needs of your group.

LESSON OUTLINE	INCLUDED IN FACILITATOR GUIDE	INCLUDED IN STUDENT GUIDE	APPROXIMATE TIMEFRAME
<b>Lesson Overview</b>	Yes		Read before facilitating
<b>Opening questions:</b> (To get students thinking and begin conversation)	Yes	Yes	2-3 minutes
<b>What the Bible has to say about it</b> (A Bible Study with discussion questions)	Yes [With extra background and leader notes]	Yes	15-20 minutes
<b>Multiply It</b> (A study on disciples that grow disciples, with discussion questions)	Yes	Yes	10 -15 minutes
<b>Live it out</b> (An experiential activity to help students reinforce and internalize the lesson)	Yes	Yes	10-15 minutes
<b>Apply it</b> (a practical application for students to do this week)	Yes	Yes	2-3 minutes
<b>Think about It</b> (Challenging quotes and/or verses)	Yes	Yes	
<b>Additional resources</b>	Yes		
<b>Memory Verse</b>	Yes	Yes	

# Multiply – APOLOGETICS ROOT

Suggested Schedule



\*\*Tips and Training Video Link: <http://youtu.be/7hBuarATM28>

Got Questions?  
Call Us. 877-502-0699





## ✓ Overview

The more we learn about God and get to know him, especially through Jesus' life and teachings, the more we realize that we serve a humble God. And if humility defines God's authority and leadership, it should definitely be a major trait of his followers. Part of helping students understand apologetics is helping them carry God's truth well in their corners of the world. Many people approach apologetics in an argumentative way that does more harm than good. Humility not only gives more weight to their words and actions, but it also allows others to see God's reflection in their lives because pride isn't blocking the view.

## ? Opening Questions

- What is the greatest thing you want to do with your life?
- What if you achieved that goal but no one ever found out? Would it still be worth it?

## 💬 What the Bible Says about It

It takes a lot to become President of the United States. First, you have to have been born in the US (or at least one of your parents had to be a US citizen when you were born abroad), you have to have lived there for 14 years, and you have to be at least 35 years old. But if you're really serious about becoming the most powerful person in the country, there's a long road ahead. It will probably take an advanced degree in law or business, years in a political career (you should run for mayor, governor, senator, or representative), lots and lots of money (think billions of dollars), and sucking up to the right people so they'll endorse you. What do you think would happen if presidential candidates gave away every penny they owned, tore up their college degrees, stopped sucking up to important people, and started serving the lowest of the low—people who wouldn't even vote in the election? In our culture, most people would never let go of any opportunity for power. Yet that's exactly what Jesus did.

Jesus is God. He deserves nothing but praise because he's powerful and wonderful and loving and good. But instead of keeping that lofty position, he humbled himself. He was born into the world as a crying baby. And when he grew older, he submitted himself to a difficult life of suffering and serving others. He spent most of his time with people known for their sinful lifestyles, people others would avoid at all costs. And then, when his followers expected him to step up and become the political leader they wanted him to be, he allowed himself to be arrested and executed in a painful and humiliating way—up on a cross, where everyone could see his agony. It seemed like his lowest point, but it was actually his highest. He is the ultimate example of humility—God living among us as a frail human being, serving us to the point of death. The more we learn about him, the more we'll realize that we're called to be humble, too.





**Leader's Note:** The passage your students are about to read comes from the apostle Paul's letter to the church in Philippi. When he wrote it, Paul was imprisoned and awaiting sentence in Rome—literally facing his death. He urges the Philippians to rejoice in God despite current circumstances (this is especially poignant, considering where he's writing from). How can anyone rejoice when things are going so poorly? Paul found joy following the example of Christ, who humbled himself in a life of suffering and service but was raised from the grave to reign in glory.

**Read:** Philippians 2:3–11

### Discuss

- Think of the most powerful, rich, and famous people in the world (like the Queen of England, Bill Gates, or Kanye West). Can you imagine them giving up all of their wealth, spotlights, and fame? Why or why not?
- We worship a humble God. How does that impact the way you follow him?
- Why do you think Jesus humbled himself in so many ways while he was on earth?
- Would you say you spend more time trying to raise yourself up or trying to lower yourself? Why?

**Leader's Note:** Jesus' life of humility is even more astounding when compared with the first sin of Adam and Eve in Genesis 3. They disobeyed God because they wanted to "be like God" (Gen. 3:5). Yet here, Paul says that even though Jesus was God incarnate, he "did not count equality with God a thing to be grasped" (Phil. 2:6, ESV). Adam and Eve strove to raise themselves up to God's level and brought sin into the world; Jesus lowered himself below the position he deserved and the Father "bestowed on him the name that is above every name." As followers of Christ, we have the opportunity to live humbly like Jesus did instead of following in the footsteps of Adam and Eve.



Disciples who grow disciples increase their influence by carrying God's truth with humility.

### 🎯 Multiply It

Nik Wallenda is "King of the High Wire." He has walked a tightrope between skyscrapers, over the Grand Canyon, and over Niagara Falls. His acrobatic feats have been featured on ABC and Discovery, and his walk over Niagara Falls was ABC's highest rated Friday night program since 2007. On top of all that, he's a nine-time world record holder. After all of those achievements, you'd think Wallenda would have a pretty high opinion of himself. But it turns out he's actually a down-to-earth guy.

Wallenda credits all of his success to God. While he was walking across Niagara Falls, he prayed out loud from start to finish. The next day he returned to the site of his accomplishment and did something completely unexpected: for three hours, he cleaned up trash left behind by the crowd





watching him perform. Why would he do such a demeaning thing right after his life's greatest accomplishment? Wallenda said, "The huge crowd left a great deal of trash behind, and I feel compelled to pitch in. Besides, after the inordinate amount of attention I sought and received, I need to keep myself grounded. Three hours of cleaning up debris is good for my soul." But before you start thinking that Wallenda has some kind of superhuman ability to put others before himself, listen to what else he says: "Humility does not come naturally to me. So if I have to force myself into situations that are humbling, so be it. ... As a follower of Jesus, I see him washing the feet of others. I do it because if I don't serve others I'll be serving nothing but my ego."

### Discuss

- Nik Wallenda has a lot of influence over his fans. How does embracing humility (even if no one sees his humble acts) affect the kind of influence he has?
- What difference does humility make in your influence on other people?
- When followers of Christ act in arrogant or self-centered ways, how do you think that affects what others think about Christ?
- When are you most tempted to become prideful?



### LIVE IT OUT: #HUMBLEBRAG

*What you will need: A copy of the #Humblebrag handout found at the end of the Student Guide for each student*

Have you heard of a humblebrag? It's when someone tries to sound modest, but their ego can't help but shine through. For example, if you said something like "It's so annoying! I can't go anywhere without guys asking for my number," or "Ugh, I can't fit all of my Christmas presents in my closet!" you would be humblebragging.

Celebrities are some of the worst offenders. They tweet about the troubles they encounter in their glamorous lives, hoping their followers will feel bad for them. But they just come across as arrogant. So now it's time to help them out. Go through these real examples of celebrity tweets, turning their humblebrags into truly humble statements. Think about how you could get their point across in a way that's actually humble. The first tweet is an example you can follow.

Example:

- "Being famous and having a fender bender is weird. You want to be upset but the other driver's just thrilled & giddy that it's you." –Dane Cook
- Fixed tweet: *Just had a fender bender. Glad everyone is okay!*
- "When you walk into a bookstore and your face is everywhere and you look a lot better in the pic than you do right now...#haha #crazylife" –Hayley Williams (Paramore lead singer)
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- “I’ve been signing so many autographs lately, that I was writing a card to my dad and started to write my last name!!” –Kerry Butler (Broadway actress)
- Fixed tweet:
- “Tornado coming. Hide in my wine cellar or my theatre? Or my gym.” –Jared Followill (Kings of Leon bassist)
- Fixed tweet:

**Debrief**

- Which tweet was the toughest to fix? Why?
- Did you feel like the best way to fix some of these tweets was by never writing them in the first place? What does that tell you about pride and humility?
- Have you ever said or written something that could be taken as a humblebrag? How did other people respond?
- Why do you think humility is essential if we want to influence other people for Christ?

**APPLY IT**

Write down one way you can grow in your humility this week. Think of something you can do that has a specific application that answers these questions:

**Be specific:**

What are you going to do?

When are you going to do it?

Is there someone who can keep you accountable?

**Leader’s Note:** Whenever students make applications, challenge them to be specific. It’s one thing to say, “I’m going to trust God more.” The truth is, our students won’t really know if they did this, or if they grew in trust over the week. It’s another thing to say, “Every morning this week before I eat breakfast, I’m going to tell God that today is his and that I trust him, and I’m going to ask him to give me the strength to replace worries with trust.” Challenge your students to answer the questions under the “Be Specific” section. You can even have them pair up, share their applications, and ask for accountability from their partner. Also, make sure students choose applications appropriate to their maturity levels. One student may be deeply challenged by a certain application, while another student wouldn’t get much out of it.

**Think about It**

“True humility is not thinking less of yourself; it is thinking of yourself less.” –C.S. Lewis, *Mere Christianity*

**Additional Resources**

*Balance: A Story of Faith, Family, and Life on the Line* by Nik Wallenda with David Ritz

**Memory Verse**

“When pride comes, then comes disgrace, but with humility comes wisdom.” –Proverbs 11:2





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## What the Bible Says about It

It takes a lot to become President of the United States. First, you have to have been born in the US (or at least one of your parents had to be a US citizen when you were born abroad), you have to have lived there for 14 years, and you have to be at least 35 years old. But if you're really serious about becoming the most powerful person in the country, there's a long road ahead. It will probably take an advanced degree in law or business, years in a political career (you should run for mayor, governor, senator, or representative), lots and lots of money (think *billions* of dollars), and sucking up to the right people so they'll endorse you. What do you think would happen if presidential candidates gave away every penny they owned, tore up their college degrees, stopped sucking up to important people, and started serving the lowest of the low—people who wouldn't even vote in the election? In our culture, most people would never let go of any opportunity for power. Yet that's exactly what Jesus did.

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**Answer**

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THIS WEEK I WILL...





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# Humility

## Bonus Sermon Outline

We created these bonus sermon outlines to help those of you who meet in several different settings (Sunday school, small groups, youth group, etc.). The material covered in this outline is not repeated in the *Multiply* lesson on this topic, nor is it necessary to do this sermon in order to do the lesson. It's just a bonus for you to use if you need it!

**Text:** Philippians 3:4–7; 1 Corinthians 9:18–23

**Topic:** Humility

**Objective:** Pride comes naturally, but humility does not. When it comes to apologetics (defending God's truth), we can't carry that truth in a prideful way. This sermon focuses on how students can begin to let go of the reasons for their pride and choose humility in order to carry God's truth in a way that will impact the most people.

### I. Opening Questions

- How do you know if someone is arrogant?
- Is it easy to follow an arrogant person? Why or why not?

### II. Teaching

#### A. Humility is a choice. (Phil. 3:4–8)

**Optional Illustration:** The movie *Mean Girls* is a somewhat exaggerated look at the role of pride, ranking, and one-upmanship in high school. Show the following scene of the prom queen's speech. After the hard lessons are learned, Cady breaks up her crown and gives pieces away, explaining how meaningless prideful ranking systems are. In a moment she easily could have chosen pride, she chose humility: ([www.wingclips.com/movie-clips/mean-girls/prom-queen-speech](http://www.wingclips.com/movie-clips/mean-girls/prom-queen-speech)).\*\*

- *We all have reasons to be prideful.* Paul, who wrote this letter to the Philippians, had plenty of reasons to be confident in himself. By today's standards, he would be like a seminary professor, world-renown pastor, and experienced missionary all rolled into one. Like Paul, we all have reasons to be prideful. And it's not hard to rub those reasons in other people's faces—especially when we're sharing God's truth.
- *Humility sacrifices those reasons.* God values humility. He actually opposes the proud (James 4:6), and it's usually not a good idea to be on the opposing side of God. Paul knew this, so he took his reasons for pride and sacrificed them to God. He considered them garbage in comparison to knowing Christ. The good news of Jesus is so powerful that all of Paul's life accomplishments didn't matter next to the humility of Jesus' life, death, and resurrection. So Paul sacrificed them.

- *God's truth is enough.* From our perspective, our track record seems important. We bring it up all the time: "I've never been late; can't you forget this one time?" "Can I do extra credit? I'm an honor roll student. I've never gotten a C!" Once Paul sacrificed his track record (which puts most of ours to shame), he was able to focus on God's track record. He could trade in his pride for the "surpassing greatness of knowing Christ Jesus."

**B. God's truth must be carried with humility.** (1 Cor. 9:18–23)

**Optional Illustration:** Bring a stack of heavy books, a plastic grocery bag, a giant suitcase on wheels, and a backpack to the front with you. Ask for a volunteer to help you. Say something like: *As students, you spend a lot of time carrying books around. Now what if you decided to save money and carry your books to and from school in plastic grocery bags?* (Have the volunteer hold the grocery bag open while you fill it up with books. Ask the volunteer to walk around with it as it sags and rips open.) *Why wouldn't this work? Or what if you walked into high school on your first day carrying your books in this lovely suitcase?* (Have the volunteer transfer the books to the suitcase and roll it around.) *What would be the result of this in your crowded hallways? There's a reason we carry books in a backpack. It makes the most sense, it doesn't tear easily, and it doesn't get in everyone's way. In the same way, God's truth wasn't meant to be carried with pride. We can't use it to bash into other people and make ourselves look bigger. And it wasn't meant to be carried in a timid, self-bashing way that tears us down if we don't know the answer to something. It was meant to be carried with humility—the same humility that Jesus showed when he washed his disciples' feet.*

- *Pride hurts the gospel.* Paul carried God's truth to the masses: the poor, the rich, different ethnicities, and the undeserving. He was one of the first missionaries, so he had to be sure not to get in the way of the message. Nobody wants to follow a jerk. He understood this, so he became as lowly as possible (comparing himself to a slave) to influence as many people as possible (1 Cor. 9:19). Paul knew pride had a high cost—if he tried to share God's truth with pride, others would probably just reject it.
- *Pride gets in the way.* Like carrying around your schoolbooks in a giant suitcase, pride gets in the way. It's cumbersome, and it holds us back. Paul went above and beyond to make sure that didn't happen. He became "all things to all people," choosing to give up his freedom and status. And he was careful to do this without sinning or watering down the truth.

**C. Now what?**

- *Be honest.* What are your reasons for pride? We all have them. (For example, "I grew up in the Church," "I've been on several mission trips," "I've never *fill-in-the-blank*.") What would it take to sacrifice those reasons to God?



- *Knock down the barriers.* What are some things you do that might get in the way of God's truth? Why might someone ignore God's truth if you shared it with them (attitude, exclusion, lack of knowledge, past offenses that haven't been apologized for, stereotypes)? How can you change the way you carry God's truth so those things don't get in the way?
- *Multiply It: Disciples who grow disciples increase their influence by carrying God's truth with humility.* \* Humility is not our natural state; pride is. But pride has a huge cost when we share God's truth. How can you trade pride for humility as you carry God's truth to others?

\*The *Multiply It* statement is included here because it comes directly from the original lesson which takes the topic deeper. It's designed to reflect what happens when we live out the discipleship principle in a way that impacts others for God's kingdom.

\*\**LeaderTreks recommends watching all video clips and websites in this lesson before showing them to students. These links are optional and not required in order to lead an effective large group talk. Websites often change, and links may not always have the same result. LeaderTreks will do its best to keep them updated and fresh; however, in the event that they do not function properly, we cannot retain responsibility.*

\*\*\**Any reference within this piece to Internet addresses of websites not under the administration of LeaderTreks is not to be taken as an endorsement of these websites by LeaderTreks; neither does LeaderTreks vouch for their content.*