

# 5-Day Study Guide

**Message Title:** *Humility*

**Speaker:** Paul Johnson

**Main Scriptures:** Philippians 2:1–13; James 4:10

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## Sermon Overview

Paul Johnson shared a dream of three building blocks—Humility, Faith, and Honor—and emphasized that his assignment at The Roads Church was to minister on **humility**. Drawing from Philippians 2, he taught that pride is often our greatest enemy, poisoning the soil of our hearts, while humility creates space for God to move. Jesus Himself modeled humility by emptying Himself, taking on the form of a servant, and humbling Himself to death on a cross.

Humility isn't weakness, self-pity, self-hatred, or insecurity. Instead, it's strength under surrender—magnifying our own need before God while refusing to magnify the flaws of others.

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## Key Word Study

To understand this message deeply, it helps to see what Scripture means by **humility** and **pride**.

- **Humility** (*tapeinophrosynē*, ταπεινοφροσύνη, Strong's G5012)  
“Lowliness of mind.” To think rightly about yourself before God—neither puffed up nor self-hating. It means modesty, meekness, and an awareness of dependence on God.

*“Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves.” (Philippians 2:3)*

- **Pride** (*hyperephania*, ὑπερηφανία, Strong's G5243)  
Arrogance, haughtiness, an overestimation of self that leads to despising others and resisting God.

*“God is opposed to the proud, but gives grace to the humble.” (James 4:6)*

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## Why This Study

This study will help you examine the soil of your heart, expose pride's subtle grip, and cultivate humility that honors Jesus above every name. As we apply the truth of Philippians 2 and James 4, we'll discover that humility is not only the way into the Kingdom—it is the way we walk out our faith.

Use this guide individually, with your family, or in Roads Groups to go deeper together.

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## How to Use This Study

Each day includes a Scripture reference, quote, and discussion questions.

- **Always open your Bible** and read the passage for the day out loud, keeping it open as you study/discuss.
  - Let **your answers come directly from Scripture**—not just from opinion or experience.
  - For deeper study, use a **Strong's Concordance** or tools like the [Blue Letter Bible app](#) to explore the original Hebrew and Greek words. This will help you form a habit of going to the Word of God as your primary source of truth.
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## Day 1 – The Soil of the Heart

**Daily Focus:** Everything you need is in the seed, but the soil matters.

**Big Idea:** Pride hardens the heart; humility makes it good soil for God's Word.

**Scripture Reference:** Philippians 2:1–2

**Quote from Paul Johnson:**

*"If everything you need is in the seed, what happens if the soil of your heart is bad?"*

**Discussion Questions:**

*Before answering, open your Bible and read the passage out loud. Keep your Bible open and let your answers come from what you see in Scripture.*

- **New Christians:** What does it mean for your heart to be "soil" for God's Word? How can you invite Him to prepare it?

- *Mature Christians:* Where might pride or indifference have hardened your heart toward God's work?
  - *Jr. & Sr. High Students:* How does pride show up in school, sports, or friendships? What would humility look like instead?
  - *Families with Young Children:* After reading Philippians 2:1–2, talk together about what it means to be “one in purpose.” How can we show unity at home?
  - *Families with Teenagers:* As a family, discuss one way pride might block God's work in your home. How could humility open the soil of your hearts?
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## Day 2 – Do Nothing from Selfishness

**Daily Focus:** Humility puts others first.

**Big Idea:** Pride says “me first”; humility says “you first.”

**Scripture Reference:** Philippians 2:3–4

**Quote from Paul Johnson:**

*“Real joy and greatness are found in loving God and serving others.”*

**Discussion Questions:**

*Before answering, open your Bible and read the passage out loud. Keep your Bible open and let your answers come from what you see in Scripture.*

- *New Christians:* How does this verse challenge the way you think about daily life?
  - *Mature Christians:* Where is God asking you to place someone else's needs above your own this week?
  - *Jr. & Sr. High Students:* What's harder—celebrating a friend's success or asking for forgiveness? Why?
  - *Families with Young Children:* Read verses 3–4 out loud. Share one way we can treat each other as more important at home this week.
  - *Families with Teenagers:* As a family, discuss how selfishness can creep in. How can you intentionally choose humility together?
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# Day 3 – The Attitude of Christ

**Daily Focus:** Jesus emptied Himself.

**Big Idea:** True humility is having the same attitude as Christ—laying down privilege to serve.

**Scripture Reference:** Philippians 2:5–8

**Quote from Paul Johnson:**

*“Jesus didn’t care about titles—He carried a towel.”*

**Discussion Questions:**

*Before answering, open your Bible and read the passage out loud. Keep your Bible open and let your answers come from what you see in Scripture.*

- *New Christians:* How does Jesus’ example of humility help you understand what it means to follow Him?
  - *Mature Christians:* In what area of your life is God calling you to “empty yourself” for others?
  - *Jr. & Sr. High Students:* What’s one practical way you could show humility like Jesus at school or at home?
  - *Families with Young Children:* Talk about how Jesus washed His disciples’ feet. How can we serve each other in simple ways?
  - *Families with Teenagers:* What would change in our family if we all took Jesus’ “attitude of a servant” seriously?
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# Day 4 – What Humility Is Not

**Daily Focus:** Clarifying false versions of humility.

**Big Idea:** Humility is not weakness, self-pity, self-hatred, or insecurity.

**Scripture Reference:** James 4:10

**Quote from Paul Johnson:**

*“What you hide reveals your pride; what you conceal, God can’t heal.”*

**Discussion Questions:**

*Before answering, open your Bible and read the passage out loud. Keep your Bible open and let your answers come from what you see in Scripture.*

- *New Christians:* Which false version of humility (weakness, self-pity, self-hatred, insecurity) have you struggled with most?
  - *Mature Christians:* How can distinguishing humility from insecurity help you obey God more boldly?
  - *Jr. & Sr. High Students:* Do you ever feel pressure to hide your faith out of insecurity? What does humility before God look like instead?
  - *Families with Young Children:* Read James 4:10 together. What does it mean for God to “lift us up” when we humble ourselves?
  - *Families with Teenagers:* Which false view of humility do you see most in our culture? How can our family walk in true humility?
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## Day 5 – Exalting the Name Above Every Name

**Daily Focus:** Humility lifts Jesus higher.

**Big Idea:** When we bow low, Jesus is exalted.

**Scripture Reference:** Philippians 2:9–11

**Quote from Paul Johnson:**

*“The name of Jesus is above even your own name.”*

**Discussion Questions:**

*Before answering, open your Bible and read the passage out loud. Keep your Bible open and let your answers come from what you see in Scripture.*

- *New Christians:* Why is it freeing to know Jesus’ name is above your own?
- *Mature Christians:* How does humility protect you from being consumed by other people’s opinions?
- *Jr. & Sr. High Students:* What does it look like to honor Jesus’ name above your reputation at school?
- *Families with Young Children:* Say the name “Jesus” together. Why do we honor His name more than any other?
- *Families with Teenagers:* How can our family make Jesus’ name greater than our own this week?

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## Bonus Reflection: Humility in Daily Life

Humility is more than a virtue we admire in others—it is the soil where God’s Kingdom grows in us. Throughout this study, we have seen:

- Pride hardens the heart, but humility makes us receptive to God’s Word.
- Humility means putting others first, not ourselves.
- Jesus modeled humility by emptying Himself and serving.
- True humility is not weakness, self-pity, self-hatred, or insecurity.
- When we bow low, Jesus is exalted above every name.

### Take time to reflect:

1. Read **Philippians 2:1–11** in one sitting. What stands out most about the humility of Christ?
2. Write out your own definition of humility based on this passage.
3. Pray through **James 4:6–10**, asking God to show you specific areas of pride He wants to uproot.
4. Ask: How will my family, my friends, or my church experience blessing if I walk in true humility this week?

*“What you hide reveals your pride; what you conceal, God can’t heal.” — Paul Johnson*

**Family Idea:** Around the dinner table, invite each person to share one area where they want to grow in humility this week. End by praying for each other to walk in the “attitude of Christ Jesus.”