



Life of Humility and how it is attained

Code: 11/SP/3

(Philippians 2:5-11)

1. General Aims of the unit

To explore the basics of the spiritual life and how to practice them

2. Special aims of the lesson

1. To define “humility” and to list the Biblical references that refer to humility either in the words of Jesus Himself or in the writings of the Apostles.
2. To differentiate between real and false humility.
3. To highlight the ways to acquire humility.
4. To understand that all sin has its root in pride. ” *(Proverbs 11:2)*
5. To reveal the gifts of humility to the spiritual path.

3. Outcomes:

By the end of this lessons the teens are able to:

1. Define “Humility” and debate its applicability in different aspects of your contemporary life.
2. Debate the humility of our Lord Jesus Christ in His incarnation.
3. List a table to differentiate between ‘humility’ and ‘bride’
4. Differentiate between Humility and inferiority
5. Step in the highway to acquire “humility’.”.

4. Verses: Matt. 11:29; Phil, 2:5-9 , 1 Pet. 5:5-6

References: 1. On the Incarnation -

2. Life of humility and meekness

3. Humility

4. Self-examining Humility

St Athanasius

H.H.Pope Shenoudaiiii

Attached notes

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