



## **Life of Humility and how it is attained**

### **Code: 11/SP/3**

*5 Let this mind be in you which was also in Christ Jesus, 6 who, being in the form of God, did not consider it robbery to be equal with God, 7 but made Himself of no reputation, taking the form of a bondservant, and coming in the likeness of men. 8 And being found in appearance as a man, He humbled Himself and became obedient to the point of death, even the death of the cross. 9 Therefore God also has highly exalted Him and given Him the name which is above every name, 10 that at the name of Jesus every knee should bow, of those in heaven, and of those on earth, and of those under the earth, 11 and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father. (Philippians 2:5-11)*

### **1. General Aims of the unit**

To explore the basics of how to achieve a life of humility through imitating the life of our Lord and Saviour Jesus Christ.

### **2. Special aims of the lesson**

1. To be able to list the Biblical references that speak about humility.
2. To discover the differences between those people who live a life of humility and a life of pride.
3. To understand that humility is not weakness but strength.
4. To understand that all sin has its root in pride. – ***“When pride comes, then comes shame; But with the humble is wisdom.” (Proverbs 11:2)***

### **3. Outcomes:**

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

1. Speak about the Humility of the incarnation of Lord. – God taking the form of man; being born to a poor jewish girl; born amongst animals; suffering hunger and thirst; wondering without a permanent home – ***“And Jesus said to him, Foxes have holes and birds of the air have nests, but the Son of Man has nowhere to lay His head.” (Matt 8:20)*** etc
2. define humility and understand the Orthodox concept of humility. Also be able to understand and articulate the difference between Humility and weakness.
3. pray for humility - ***“Seek the Lord, all you meek of the earth, Who have upheld His justice. Seek righteousness, seek humility. It may be that you will be hidden In the day of the Lord's anger.” (Zeph 2:3).***

**4. References: On the Incarnation - St Athanasius**