

Ignite: Humility-A Way to Happiness

Objective: By the end of the lesson the student will understand how being humble can make you happy.

Bible Verses:

Matthew 5:3-12

I Timothy 6:10

Judges 16:20

John 6:9

Luke 11:11-13

Proverbs 15:33

Proverbs 22:4

Essential Question? Think of some things that can make you happy. *Teacher Note:* Get the students to create a list of 8 things. Ok, now here is another list I'd like you to think of: being "poor in spirit," mourning, compromising, impurity, cruelty, and hatred.

Opening:

How many of you are surprised by my list? Anybody know where my list comes from?

Read Matthew 5:3-12

Teacher Note: Make sure all scriptures are read out loud in the class by student volunteers.

These scriptures are called the beatitudes. The word beatitude means "blessedness" in Latin. The phrase "blessed are" in each beatitude implies a state of happiness or well-being. The expression held the meaning of "divine joy and perfect happiness" to people during Christ's time. So what Jesus was actually saying here is "divinely happy and fortunate are those who possess these inward qualities." Each statement also promised a future reward which increases the happiness.

Content:

Let's focus the rest of this lesson on the first beatitude. When Jesus mentions being "poor in spirit" in Matthew 5:3 he is speaking about our spiritual neediness and who can supply that need.

Jesus was not speaking here about wealth being wrong. Money can be handled in a Christian manner or a non-Christian manner. Success and prosperity can lead a person to be self-satisfied and proud. Poverty can lead a person to be dishonest. Remember, not money, but "the love of money is the root of all evil" (I Timothy 6:10).

Jesus was trying to point out in Matthew 5:3 that in order to be happy you need to understand your spiritual poverty. Remember when Samson was surrounded by Philistines in the valley of Sorek? He didn't know that God had left him (Judges 16:20).

Humility also compels you to put your full trust in God. The boy who came to hear Jesus teach illustrates this point. He took all the food he had and turned it over to Jesus (John 6:9). We might not think we can do much, but when we commit completely to God He does the heavy lifting. The boy's small meal ended up feeding 5,000.

Being "poor in spirit" allows you to be filled up with God's Holy Spirit. Humility helps you realize you need God in you to take control rather than your own carnal nature. We need to be like little children in our dependence on God rather than our own will. Kids are taken care of by their parents. Luke 11:11-13 lets us know we need to rely on God our Father to take care of our needs rather than our own devices. You can't do this without humility.

Independent Practice:

Have the students break into groups and discuss examples in their life or from scripture where being "poor in spirit" (humble nature) proved to bring happiness in some way. If time permits have some share with the whole class.

Close/Reflect

How do these two scriptures relate to what we have learned about humility today (Proverbs 15:33 and Proverbs 22:4).

What final comments or questions does anyone want to share on this topic?

Sources: "What Are the Beatitudes?" by Mary Fairchild, June 3, 2020, <https://www.learnreligions.com/what-are-the-beatitudes-701505>.

The Zondervan 2000 Pastor's Annual, by T.T. Crabtree, (Grand Rapids: Zondervan Publishing House, 1999).