

THE RING

REMATCH

HOW TO DRAW CLOSE TO YOUR TRAINER - PART 4

Ice Breakers

- Have you had to say you're sorry lately? To whom?
- What did you apologize for?
- Why is it hard to say we're sorry?

Read James 4:7-10

Re-Read Verse 9 Show Sorrow

- What is this verse saying to you?
- What is this mourning talked about?

NOTE: This mourning is Godly contrition – a deep sorrow for what we have done.

- How often do we see "Godly sorrow" verses "I'm just sorry I got caught"?
- Give an example of each!

Read Luke 7:36-50

- Is there sorrow expressed in this story? Read vs. 38.
- What did her sorrow lead her to do?
- When we say we're sorry, does it lead to peace in our lives? How?

NOTE: I believe true sorrow leads to changed lives!

Read James 4:10 Show Humility

- Why wouldn't we humble ourselves before God?

- What keeps us from doing it?

Read Matthew 23:12

- Give an example of someone exalting self and being humbled.
- Give an example of someone humbling self and being exalted.

Read Exodus 3:1-6

- In what ways did Moses humble himself before God?

Read John 13:1-2

- How did Jesus humble himself here?

Read John 13:5

- How did he show humility here?

Read John 19:18

- Is humility shown here?

Application

- What are ways we can humble ourselves (show humility) to others?
- What are ways we can humble ourselves before God?
- What are ways we can humble ourselves before our family?
- How about our enemies?

