



CULTIVATING A HEART CAPTIVATED WITH JESUS

**CENTRE CHURCH**  
**SUNDAY, JANUARY 10, 2021**

*WEEK 2: HUMILITY*

*LUKE 4:1-13*

**MESSAGE SUMMARY**

*Heart Habits looks at the beginning of Jesus' ministry in Luke 4, searching for specific habits and disciplines Jesus engaged in to maintain a healthy heart in the midst of the chaos surrounding him. These same habits will help Christians cultivate a heart captivated with Jesus even in the midst of uncertain times. This message looks at the humility Jesus cultivated through his temptation in the wilderness.*

**What is humility?** *Humility is knowing your proper role in God's creation and living that out daily.*

**Where do we see humility in the life of Jesus (Luke 4)?**

*<sup>1</sup> Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, <sup>2</sup> where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry.*

*<sup>3</sup> The devil said to him, "If you are the Son of God, tell this stone to become bread."*

*<sup>4</sup> Jesus answered, "It is written: `Man shall not live on bread alone.'"*

*<sup>5</sup> The devil led him up to a high place and showed him in an instant all the kingdoms of the world. <sup>6</sup> And he said to him, "I will give you all their authority and splendor; it has been given to me, and I can give it to anyone I want to. <sup>7</sup> If you worship me, it will all be yours."*

*<sup>8</sup> Jesus answered, "It is written: `Worship the Lord your God and serve him only.'"*

*<sup>9</sup> The devil led him to Jerusalem and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down from here. <sup>10</sup> For it is written: "He will command his angels concerning you to guard you carefully; <sup>11</sup> they will lift you up in their hands, so that you will not strike your foot against a stone.'"*

*<sup>12</sup> Jesus answered, "It is said: `Do not put the Lord your God to the test.'"*

*<sup>13</sup> When the devil had finished all this tempting, he left him until an opportune time. Luke 4:1-13*

# HEART HABITS



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## MESSAGE NOTES CONTINUED . . .

### What's so powerful about humility?

*Humility attracts the presence of God.*

*<sup>6</sup> That is why Scripture says: "God opposes the proud but shows favor to the humble." James 4:6*

*Humility makes you a more fully-devoted disciple.*

*Solitude + Humility = Captivated with Jesus*

*Humility infuses you with divine power.*

*<sup>14</sup> Jesus returned to Galilee in the power of the Spirit, and news about him spread through the whole countryside. Luke 4:14*

### How do you cultivate humility?

*Sacrifice self.*

*Glorify God.*

*Follow first.*



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## WEEK 2: HUMILITY D-GROUP DISCUSSION GUIDE

### GET TO KNOW YOU

*Spend a few moments introducing yourselves. Talk through last week's heart habit of solitude. Were you able to practice solitude at all this past week? How did that impact your spiritual health (your heart)?*

### DISCUSSION QUESTIONS

- 1. The second heart habit we see in Luke 4 is humility, which is not a commonly discussed spiritual discipline. Pastor Josh started by defining what humility is not: being a doormat or pushover, having self-pity or lack of confidence. Look at the definition of humility in the Message Notes. How does that change how you think of humility?*
- 2. Read Luke 4:1-4. The first temptation was to put his own needs first and turn stones into bread. Those needs were legitimate because Jesus hadn't eaten in 40 days. Yet Jesus still chose humility by sacrificing self. What are some things that God has called you to sacrifice in your Christian life? How does that help cultivate humility in your heart?*
- 3. Read Luke 4:5-8. The second temptation was to take a shortcut, give his allegiance to Satan, and avoid the pain and suffering of the cross. Jesus responded by declaring his allegiance to God alone, even though that guaranteed him pain and suffering. We mostly see pain and suffering in a negative light. What are some positive benefits to pain and suffering? How can suffering cultivate powerful humility in your heart?*
- 4. Read Luke 4:9-12. The final temptation was to put God to the test by getting ahead of God rather than following God's will. Have you ever "put God to the test" by knowingly doing something that was outside of His will? What was the result?*
- 5. D-Group Assignment: Discuss the three ways to cultivate humility in the Message Notes and give some specific ways you can cultivate humility in your life this next week, without being prideful about it :).*

**Finish your time together with prayer. If you would like Centre Church to pray for anything in particular for you, let your D-Group Leader know.**

# D-GROUP LEADERS INFORMATION

*D-Groups are online, sermon-based discussion groups at Centre Church. Whether you're a lifelong member of Centre Church or a joining us online from around the world, D-Groups are your opportunity to discuss Sunday's message, develop your faith and grow as a disciple of Jesus.*

## WHAT ARE MY RESPONSIBILITIES AS A D-GROUP LEADER?

*There are four main things we ask you be responsible for as a D-Group Leader:*

- 1. Lead the D-Group discussion.** *Everyone should have watched (or heard) the message prior to the D-Group meeting and discussion questions are already provided. Your task is to facilitate the conversation, to make people feel welcome, to keep things flowing in the right direction.*
- 2. Pray for your D-Group members by name daily.** *During your time together, God can do mighty things in the lives of your D-Group members (and yours as well). It is your privilege to pray for your members by name daily, asking God to move mightily in their lives.*
- 3. Identify and encourage a next step for your D-Group members.** *Every person has a next step in their relationship with Jesus. Look for next steps your D-Group members might take in their faith and encourage them in those. Examples of next steps are listed in FAQs.*
- 4. Connect your D-Group with Centre Church.** *Centre Church wants to come alongside to strengthen and encourage your D-Group. If you haven't already, register your D-Group with Centre Church so that we can follow up with you, keep up with attendance through the links provided, and pass on any prayer requests and feedback to Centre Church staff for follow-up.*

## FREQUENTLY ASKED QUESTIONS

*What online platform do I use to host the D-Group meeting? Whatever platform is the most comfortable for you to use. There are both paid (e.g. Zoom) and free (e.g. Google Hangouts) options available. Set up the meeting and share the link with your D-Group members. If you'd like to open up your D-Group, you can also publicize your group through Centre Church and we will provide a Microsoft Teams video link you can use for no charge.*

*How long does a D-Group last? D-Groups are designed to be short-term groups that last as long as the sermon series or Bible study lasts. These short-term groups allow people to meet new people and study new topics without a long-term commitment. If your D-Group wants to continue to meet after the series or Bible study is over, your group can convert to a Community Group, which is a long-term group that meets either online or in person.*

*What are some examples of next steps? A person surrendering their life to Jesus, getting baptized, taking the Next Steps Track, partnering with Centre Church (church membership), giving financially, serving as a volunteer, meeting with a pastor, going on a mission trip, plugging into a long-term Community Group.*

*What do I contact if I need help? If you have any questions or need some help with your D-Group, please contact [abigail.parker@cbcva.org](mailto:abigail.parker@cbcva.org) and she will get you the help you need!*