Session 5: Who Sits at the Table?	
SESSION GOALS	
Every session has a point—what each participant should walk away from the discussion knowing, feeling, and doing.	
<b>Main Idea:</b> As those who have been saved by Jesus, we should pursue humility, putting others above ourselves.	
<b>Head Change:</b> To know pride is not godly and humility is Christlike.	
<b>Heart Change:</b> To feel motivated to humble ourselves and seek the good of others.	
<b>Life Change:</b> To actively look for opportunities to use our influence to raise others up.	
Each session in <i>Table Talks</i> corresponds to a video segment featuring a recipe.  Feel free to watch the video as a group, make the recipe together, and use the icebreaker question below to spark conversation while you eat.	
OPEN	
Have ever met someone famous? How did they behave? Did they appear to expect recognition, or were they relaxed and accommodating?	

Status plays tricks on our minds. When we meet someone we've admired from afar, it's easy to embarrass ourselves in our excitement because we have given that person such distinction in our minds. But what if we were the "famous" one, or at least the guest of honor—would the celebrity status go to our heads? In our session today, Bianca will share a story where Jesus calls out our unhealthy desire for recognition and status.	
VIEW	
Before viewing the session, here are a few important things to look for in Bianca Juárez Olthoff's teaching. As you watch, pay attention to the following questions.	
What is Jesus's warning to guests?	
What is Jesus's warning to hosts?	
Show Session Five: Who Sits at the Table? (8 minutes).	
REVIEW	
Bianca's story of getting politely banished to the corner at the dinner party where she was—unknown to attendees—the guest of honor would have been comedic if it weren't so embarrassing for the woman she met. Have you ever been involved in a similar incident? If so, what was your role and how did you handle the situation?	
Jesus warns against seeking honor when it's not ours to claim. Instead, we should be realistic about our own humble status and look around for others to lift up. If anyone finds honor, it should come from a reputation recognized and celebrated by others—not ourselves.	

Read Luke 14:7–12.	
Jesus watched as other guests jockeyed for the	
best positions at the table to gain honor for	
themselves. What might such behavior look like	
today? What measures do we use to determine	
our value compared to others?	
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Januara manalala illustratad a administrativa	
Jesus's parable illustrated a common event in	
Jewish society: a feast. Much like banquets today	
might have tables labeled "VIP," certain places	
were reserved for those the host wished to honor.	
Not just anyone could sit there and those who	
presumed to claim the seats of honor could be	
shamed when the intended honorees arrived.	
What is the mindset of a person who presumes	
any place of honor is available to him or her?	
To what level do you recognize in yourself the	
same tendencies shown by Jesus's fellow	
auests?	
guests?	
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help someone improve, gain access, or move up? Whose names come to mind, and what first steps can you take to honor them?  God is pleased with the humble because he knows that their heart is in the right place. They have the right perspective. How can you	
cultivate a more accurate view of your place in God's kingdom? Where do you need to sit back and let others shine? And whom can you reach out to with a helping hand?	
BIBLE EXPLORATION	
It can be easy to criticize the Pharisees' pride until we examine our own lives. We are often tempted to exalt ourselves and exclude others, just as they were. How important is it for you to be liked by other people?	
It's not that God wants us to be disliked or be ashamed of our social status. Rather, he wants to protect us—and for us to protect ourselves-from the insidiousness of pride. The Pharisees were experts in Jewish Law, they should have known what the Scriptures said about pride. But they did not practice what they said they believed. We have God's word at our fingertips. How well are we living out his principles for a holy life? Let's explore what Scripture says about pride and humility.  Read Proverbs 11:2; 18:12.	
Both of these verses contrast pride with humility.  What is the relationship between pride and disgrace? How can humility protect us from the damage that pride inevitably causes?	
We live in a world driven by self-promotion, where getting ahead often depends on being noticed by those with influence and power. That's	

the world's way, but Jesus offers us a better path.	
Read Philippians 2:3–4.	
Paul holds up Jesus as the example of how to	
treat one another. In this passage, whose needs	
should be treated as most important? What	
mindset is necessary for us to put others first?	
Dutting ourselves first somes naturally. But the	
Putting ourselves first comes naturally. But the	
way of Jesus puts others first. Think of a	
relationship that can be stressful sometimes for	
you. What are some tangible ways you can apply Philippians 2:3–4 to the way you interact	
with that person? How can you treat the other	
person as "more important than" yourself?	
person as more important than yoursen:	
Paul is laying down a challenge—it's hard to	
promote others ahead of ourselves, especially	
when we might feel they don't deserve it. But he	
offers support to his readers in the next few lines.	
Read Philippians 2:5–11.	
Jesus models the humility he asks of us. In verse	
6, Paul reminds us that, though Jesus is God, he	
did not consider his deity something to be	
exploited (CSB) or grasped (ESV). He was willing	
to give up glory out of his love for his people. But	
putting others first required sacrifice. What did	
Jesus sacrifice for us? What might it look like	
humble yourself for someone else? For	
someone you aren't inclined to like?	
Re-read verse 7. It begins with "he emptied	
himself" (CSB, ESV) or "he made himself nothing"	
(NIV). To be a servant, to die, and to die on a cross	
—each action was more shameful than the one	
before. But Jesus willingly gave up the glories of	
heaven to become the lowest of the low, for us.	
His sacrifice makes our salvation possible. Reflect	
The sacrifice makes our survation possible. Reflect	

for a moment on the grandness of Jesus's love for you as seen through the level of his sacrifice for	
you. <b>What do you think it means that Jesus</b>	
"emptied himself"? What would it look like for	
you to sacrifice for others as Jesus did?	
In verse 5 Paul writes, "Adopt the same attitude as	
that of Christ Jesus." <b>In what ways do you find it</b>	
difficult to humble yourself? Where do you struggle with sacrificing for others?	
Read verses 9–11. God honored Jesus's	
willingness to let go of glory in pursuit of loving us. The way up is down. We aren't promised that	
our humility will reap accolades from other	
people, but we do know that following Jesus's	
example is pleasing to God. What is one area of your life in which you want to follow Jesus's	
example more?	
Pianca asked us in the video "Are we placing our	
Bianca asked us in the video, "Are we placing our desires for praise and affirmation over others?"	
What steps can you take to evaluate the way	
you prioritize yourself above others?	
In your current circumstances, what is one	
action you can take to step out of the limelight	
and honor someone else?	
LAST WORD	
Jesus modeled the upside-down way of living: the	
one truly worthy of honor voluntarily became	
lowest of the low as the supreme act of love. As	
Bianca said, the way up is down. Jesus came down	
to raise us up to be with him. Let us adopt the same attitude as that of Christ Jesus, considering	
others more important than ourselves.	
DEEPER WALK	

<b>Memorize:</b> Memorize Philippians 2:3, "Do nothing out of selfish ambition or conceit, but in humility consider others as more important than yourselves."	
<b>Host:</b> Using a simple recipe, such as the harvest salad Bianca shared, prepare a modest meal without getting fancy or complicated. Spend time at the table talking about ways you can leverage your influence to help someone else.	
<b>Evaluate:</b> Spend time going through your social media accounts. Look for trends in what you have posted. How many selfies do you have? How often do your words focus on you more than others? What does your feed communicate about your heart?	
<b>Pray:</b> Ask God to help you identify points of pride in your heart. Ask his forgiveness and help with seeing yourself clearly and humbly. Thank him for humbling himself on your behalf.	

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Written by Kelly Matthews.

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