

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.

Main Idea: As those who have been saved by Jesus, we should pursue humility, putting others above ourselves.

Head Change: To know pride is not godly and humility is Christlike.

Heart Change: To feel motivated to humble ourselves and seek the good of others.

Life Change: To actively look for opportunities to use our influence to raise others up.

Each session in *Table Talks* 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?

[illegible]

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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.

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?**

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

for a moment on the grandness of Jesus's love for you as seen through the level of his sacrifice for you. **What do you think it means that Jesus "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." **In what ways do you find it 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?**

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

Memorize: Memorize Philippians 2:3, "Do nothing out of selfish ambition or conceit, but in humility consider others as more important than yourselves."

Host: 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.

Evaluate: 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?

Pray: 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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