



## Pendulum Week 2– Confidence / Humility Spiritual Formation Guide

We hope you'll use this guide to take the teaching from Sunday's service and reflect on it with a few friends or with a group. If you have questions or want to talk more about how to take a next spiritual step, contact us at [info@wschurch.org](mailto:info@wschurch.org).

### Scripture:

"Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls."  
Matthew 11:29

"Pride goes before destruction, a haughtiness before a fall."  
(The Message paraphrase) – "First pride, then the crash! The bigger the ego, the harder the fall."  
Proverbs 16:18

"Don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. For if you listen to the word and don't obey, it is like glancing at your face in a mirror. You see yourself, walk away, and forget what you look like. But if you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it."  
James 1:22

"Because of Christ and our faith in him, we can now come boldly and confidently into God's presence."  
Ephesians 3:12

### Reflection Questions:

- What's one area of your life where you feel very confident?
- What has been one of the most humbling moments of your life so far?
- What stood out to you from Sunday's service? How did you sense God at work in you through the songs, the story video, the message, and being together with others as part of the church? (The message main points and scripture are listed below if it helps you think back.)

- Read Jesus' words in Matthew 11:29. Can you spend a moment imagining Jesus saying this to you? (Perhaps have someone read it and then spend some time in silence.) What is your reaction to his words?
- Read Proverbs 16:18 in several different translations. How do you react to the imagery? Have you ever observed this in life?
- Eddie offered several symptoms that pride to pay attention to:
  - When you take a lot of things personally.
  - You can't tolerate someone disagreeing with you.
  - When your desires are most important.
  - When you're confident someone else needs this message, instead of you.

Do you notice any of those symptoms in yourself? Share, as you're willing, with your group. If you're reflecting on your own – write down some ways this can appear in your life.

- Read James 1:22 & Ephesians 3:12. How do these verses help you understand the tension between humility and confidence?
- What do you sense God saying to you from this discussion and reflection, and from this message? What do you want to say to him in response? Take some time to listen and to talk honestly to God.

Want some resources and ideas for how to grow spiritually as we start a new year?

Visit [www.wschurch.org/resources](http://www.wschurch.org/resources) to see some of the tools that our team is recommending.

#### Message Main Points and Scripture:

- **(From last week: The best use of FREE will is to do GOD's will.)**
- **IMAGINE A PENDULUM with CONFIDENCE on one side and HUMILITY on the other.**
- Matthew 11:29 - "Let me teach you, because I am humble and gentle at heart..."
- Proverbs 16:18 - "Pride goes before destruction, a haughtiness before a fall."
- Proverbs 16:18 (The Message paraphrase) - "First pride, then the crash! The bigger the ego, the harder the fall."
- **The first symptom of pride is when you take a lot of things personally.**
- Ecclesiastes 7:5 - "Better to be criticized by a wise person than to be praised by a fool."
- Isaiah 53:7 - "He was oppressed and treated harshly, yet he never said a word. He was led like a lamb to the slaughter. And as a sheep is silent before the shearers, he did not open his mouth."
- **A second symptom that humility is lacking in your heart: you can't tolerate someone disagreeing with you.**
- Proverbs 15:1-2 - "A gentle answer deflects anger, but harsh words make tempers flare. The tongue of the wise makes knowledge appealing..."
- Proverbs 13:10 - "Pride leads to conflict."
- **Another symptom of pride is when your desires are most important.**
- Philippians 2:3 - "Don't be selfish. Don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out only for your own interests, but take an interest in others, too. You must have the same attitude that Christ Jesus had. Though he was God, he did not think of equality with God as something to cling to. Instead, he gave up his divine privileges. He took the humble position of a slave and was born as a human being. When he appeared in human form, he humbled himself in obedience to God and died a criminal's death on a cross."
- **One final symptom that you need to grow in humility: when you are confident someone else needs this message, instead of you.**
- James 1:22 - "Don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. For if you listen to the word and don't obey, it is like glancing at your face in a mirror. You see yourself, walk away, and forget what you look like. But if you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it."
- Ephesians 3:12 - "Because of Christ and our faith in him, we can now come boldly and confidently into God's presence."