



"I have swallowed it / and swallowed it ..." - a poem by Linda Pastan

Pride: "a high opinion of one's own importance or superiority" ... It can begin innocently within a sense of accomplishment or wellbeing ... Marinate and ferment in the mind and heart ... And in its fullest, most over-developed form, take us where we never thought we'd go.

- Open with prayer.
- If your group is new, give everyone time to introduce themselves.

CONVERSATION STARTERS

What's one thing you're looking forward to in the future? Share something new or a highlight from this past week.

REVIEW

Together, open your Bibles and read from **Daniel 4:28-37**.

- Share your favourite points from the weekend sermon. What spoke to you?
- Share a phrase or moment that you related to the most, or a question you may have from the weekend.

DISCUSSION QUESTIONS

- What comes to mind when you hear the word ‘pride’?
- What are the effects that pride has on a person? How does it affect those around them?
- What are some of the ways pride can impact your relationships with God?
- Would you say that you are aware of the pride in your life and how it shows up?
- What was your response like the last time someone tried to tell you something, or confront you about something difficult?
- What comes to mind when you hear the word ‘humility’?
- Why is humility so attractive? How can you nurture humility in your life?
- “God opposes the proud but shows favor to the humble.” What does phrase this mean to you?
- How do these verses apply to your life? What will you do about it?

PRAISE & PRAYER POINTS

Share what God is doing in your life and spend some time praying for each other’s prayer requests.