



Study Guide, Episode 50– How to Be Humble & Overcome Pride

Nahum, Habakkuk, Zephaniah - w Rachel Tucker

00:00-07:32	“QOTW: What is true humility? What is pride? How might I be more humble?”
07:33-20:50	“Pride is the beginning of wickedness”
20:51-32:23	“‘Pride is a misunderstood sin;’ ‘the central feature of pride is enmity’”
32:24-39:29	“‘Pride is competitive in nature’; it is ‘opposition to God’ & others’”
39:30-54:20	“Humility is...”
54:21-59:58	“True humility & self-worth are the same thing”
59:59-END	“Ways to be more humble, from Zephaniah”

1. As you listen and study about pride, which types of pride are you most vulnerable to? What might you most need to work on, when it comes to pride? How might you better notice, repent, and seek to change prideful thoughts/behaviors this week?
2. Can you recall a time when you have “been humbled” in life? Humbled through challenges with loss, health, mental health, finances, relationships? How do these times differ from “choosing humility?”
3. “Competition is not a celestial principle,” Rachel’s father taught. Are you ever too competitive? Do you see areas that need improvement? Pray, ask, and develop a plan to work on competitiveness this week.
4. “If you’re in ‘opposition to God,’ you’re going to have ‘enmity toward others,’” Pres. Ezra Taft Benson taught. Have you seen this in your life? How might you better love others through increasing your love and humility toward God?
5. As you listen to and study these chapters, start a list (listen to 41:57-42:59) of qualities that are part of becoming more humble. Select one trait to work on each week for the next week, month, or even year.
6. “True humility & self-worth are the same thing,” I taught in this episode (54:21-59:58). How might this be true in your life? How might working on humility increase your sense of true self-worth? (Listen to the episode, “How to Build Self-Worth” for help.)

Resources

FB: [Like a Watered Garden Podcast Discussion Group](#)

[Like a Watered Garden Website](#)

[Come Follow Me, Old Testament, Manual](#)

[Dr. Christina Hibbert Website](#)

Email me: christina@drchristinahibbert.com

Instagram: [@likeawatered.garden](#) [@drchristinahibbert](#)

Facebook: [Dr. Christina Hibbert](#)

[Dr. Christina Hibbert YouTube](#), [Like a Watered Garden Video Playlist](#)