



## Study Guide, Episode 109–How to Overcome Pride & Be Humble

### 2 Nephi 11-19

00:00-09:30	“QOTW: How can I overcome pride and be humble?”
09:31-22:55	“Isaiah, Jacob & Nephi saw Jesus; 4 Keys to Understand Isaiah”
22:56-33:43	“‘Humble yourself or be humbled’”
33:44-41:59	“Being pruned; The Lord will fight for, nurture & nourish us”
42:00-46:22	“‘Here am I. Send me.’ ‘Humility is healing’”
46:23-END	“Humility is self-worth; What humility is & is not”

- 1) How do you feel about the words of Isaiah? Does your “soul delight” in them? Why or why not? Are you “searching diligently” the words of Isaiah? How can you better understand and delight in His words, this week?
- 2) How do you “liken” the scriptures unto you? How might you “liken” the words of Isaiah unto you—your world, your life, your family—as you read/study this week? Discuss with your family and focus on likening Isaiah unto you this week.
- 3) Have you ever felt you’ve had to be humbled because you weren’t choosing to humble yourself? Are you actively seeking to humble yourself? Why or why not?
- 4) Do you ever feel the Lord is “pruning” or “cutting you back”? What does it feel like? Do you ever struggle in these times? How might you better remember He is the Master Gardener and has a plan for you, and obey and follow that plan?
- 5) What kinds of pride do you see in your current life? What provokes pride in you? What helps you be more humble? What is one thing you can work on this week to overcome pride and increase humility? Write about this and set a goal.
- 6) When you think of humility, what traits come to mind? How might you become more of these things? Do you feel God’s love and plan for you? How might you remember that “self-worth and humility are the same thing”? Write about this in your journal.
- 7) Use my “Self-Esteem vs. Self-Worth” mini course to work on humility this week:  
<https://drchristi.mykajabi.com/offers/DbkyvyMe/checkout>

#### Resources

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