

Saint Talks

Group Discussion

Season 1
Session 4

Humility: Pursuing Success Without the Spotlight

Objective:

To reflect on the transformative power of humility in athletics and the Christian life, recognizing the importance of cultivating humility in our attitudes and interactions rather than seeking the spotlight.

Opening Prayer:	Heavenly Father, as we gather for our time together, we humbly come before You and acknowledge your sovereignty and goodness. Guide our hearts and minds as we seek to grow in humility and glorify You in all our endeavors. Amen.
Biblical Reflection:	Read Matthew 23:11-12. Reflect on Jesus' words about humility and greatness, understanding that those who humble themselves will be exalted by God.
Discussion:	<ul style="list-style-type: none"> • Share personal experiences of witnessing humility or its absence in the pursuit of success, both in sports and in other areas of life. • Explore the difference between healthy ambition and the craving for the spotlight, recognizing that true success is found in using our gifts to benefit others and honor God. • How have we seen ego and pride impact athletes individually and within a team setting? How can we guard against this in sports and our daily lives?
Application:	<ul style="list-style-type: none"> • Take time for self-reflection and prayer, asking God to reveal areas where pride may be hindering your growth. • Seek out opportunities to serve others without seeking recognition or praise. • Practice gratitude and acknowledge the contributions of others, both on and off the field.
Closing Prayer:	<p>Lord, teach us to walk in humility as we pursue excellence and success. Help us to seek Your glory above our own and to serve others with the gifts You have given us. May our lives reflect Your love and grace in all we do.</p> <p>Our Father, who art in heaven...</p> <p>Amen.</p>