

2026-03-15 Small Group Guide

Small Group Guide: "Fall Down" - A Study on Humility Before Christ Opening Prayer

Begin your group time by asking someone to pray, inviting the Holy Spirit to speak to hearts and minds as you discuss what it means to bow before Jesus.

Icebreaker Question

When was a time you felt completely overwhelmed by someone's greatness or generosity? How did you respond?

Key Takeaways from the Sermon

The Underdog vs. Victim Mentality: We're called to be overcomers, not victims. Victory comes through Christ, not our circumstances.

The Posture of Humility: Throughout Scripture, people who encountered Jesus often fell to their knees—not out of obligation, but out of recognition of who He is.

Preparation for Persecution: Bowing to Jesus now prepares us to refuse bowing to anyone else later, no matter the cost.

Every Knee Will Bow: Eventually, everyone will bow before Jesus—the question is whether it will be too late.

Following Requires Surrender: Accepting Jesus means following Him, which requires us to recognize He is greater and we are lesser.

Discussion Questions

Understanding the Message

The pastor contrasted "underdog spirit" with "victim spirit." Which mentality

do you find yourself defaulting to most often? Why?

Read Luke 19:1-10 (Zacchaeus) together. What evidence do we see of Zacchaeus's humility before Jesus? How did his encounter with Jesus change his priorities immediately?

The sermon mentioned several people who fell at Jesus' feet (the leper, the woman with the issue of blood, Jairus, the demon-possessed man, etc.). What do all these encounters have in common?

Going Deeper

The pastor asked: "When was the last time you bowed down when you weren't desperate, but were absolutely amazed at Jesus?" How would you answer that question?

Read Luke 5:1-11 (Peter's response to the miraculous catch). Peter said, "Go away from me, Lord; I'm a sinful man." Why do you think recognizing Jesus' greatness made Peter more aware of his own sinfulness?

The sermon mentioned that suffering goes with following Jesus, yet many churches avoid teaching this. Why do you think we're reluctant to talk about suffering? How can we better prepare ourselves and our children for it?

Personal Reflection

The pastor challenged: "What's the greatest thing you've left for Jesus?" How would you answer? What might Jesus be asking you to leave behind today?

"What I want us to know is those of us, especially that claim we believe in Jesus, he's over me." In what areas of your life are you still trying to maintain control rather than surrendering to Jesus as Lord?

Read Philippians 2:9-11. Knowing that every knee will eventually bow, how should that truth change how we live today?

Practical Applications

This Week's Challenge

Choose at least one of these practices to implement this week:

Option 1: Daily Kneeling Prayer Set aside time each day this week to physically kneel during your prayer time. Don't just rush through requests—spend time in worship, thanksgiving, and surrender.

Option 2: Gratitude Return Like the one leper who returned to thank Jesus, identify something God has delivered you from or blessed you with recently. Spend intentional time in prayer thanking Him specifically for it.

Option 3: Discipleship Inventory The pastor noted that 90% couldn't name someone they're discipling. Prayerfully ask God if there's someone you should invest in spiritually. Take one concrete step toward that relationship this week.

Option 4: Surrender Assessment Make a list of the things you value most (time, money, relationships, comfort, reputation, etc.). Prayerfully present each one to Jesus and ask, "Am I willing to surrender this if You ask?"

Accountability Questions

What specific area of your life needs to move from "victim mentality" to "overcomer mentality"?

What would it look like practically to make Jesus "Lord" and not just "Savior" in your daily decisions?

Who can you share with this week about what Jesus has done in your life?

Memory Verse

Philippians 2:10-11 - "That at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father."

Closing Reflection

Read this quote from the sermon together:

"There's something folks about recognizing who's the greater. And for me, I want to practice bowing down to Jesus because there may be a group of guys a lot bigger than me that can force me to my knees, but they're not going to change what I speak. Jesus is Lord. Nobody else."

Closing Question: What would need to change in your life for this statement to be absolutely true of you?

Closing Prayer

Have someone close in prayer, asking God to:

Give your group hearts that recognize His greatness

Create a spirit of humility rather than pride

Prepare you for whatever suffering may come

Help you live as overcomers through Christ

Make you faithful disciples who make disciples

For Next Week

Encourage group members to:

Practice one of the applications above

Read Luke 22:39-46 (Jesus in Gethsemane) and notice His posture

Come prepared to share what God revealed through their practice of humility