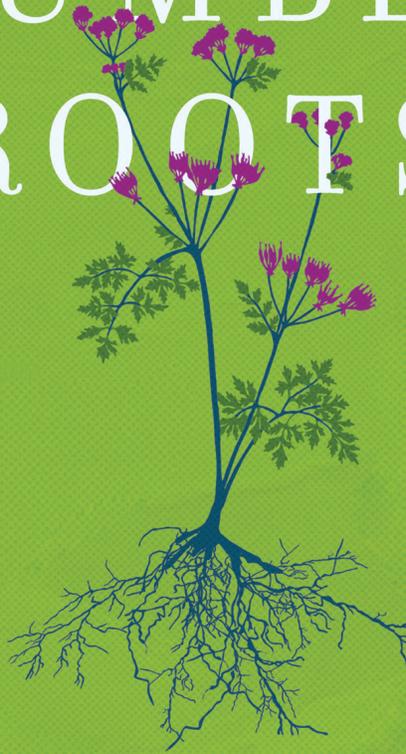


HUMBLE ROOTS



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Study Guide



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Introduction: SOWING SEEDS

1. What words and phrases have you heard in regard to the definition of humility?

2. How does that compare to what is presented in the introduction?

| *"The humility that brings us rest is the same humility that frees us to be the people God created us to be."*

3. Consider Matthew 11:28, one of the book's central texts. What truths do you see in it?

4. How does it show that our peace starts with Christ?

5. In what ways do you feel heavy laden?

6. What difference might it make if we were able to accept our humanness?

| *"We are made in His image, but we are made nonetheless."*

Chapter 1: WITHERING ON THE VINE

1. Gather some colored pens or pencils and turn to the sketch for chapter 1, the Red Anemone. As you color the image, think about your current season. How would you describe it?

2. What are the stressors that contribute to your heart's restlessness?

"I had no large looming problems, only small ones that felt large. I had no major life crisis, only minor ones that felt major. I had no monumental difficulties, only trivial ones that felt unbelievably monumental. I was stressed and unhappy with a very normal life."

3. What do you fear will happen if you could not handle the "normal" or typical stressors that come with living this life?
4. Consider the image in Isaiah 42:5–6. How does this truth of God taking us by the hand comfort and reassure us when life feels overwhelming?

Chapter 2: BREAKING GROUND

1. What is the heavy burden you are carrying today?

2. How is pride preventing you from experiencing rest in this?

"Pride convinces us that we are stronger and more capable than we actually are. Pride convinces us that we must do and be more than we are able."

3. After reading each question below, pause and ask the Lord to reveal the burdens you carry in relation to it. Take notes or journal about what you learn.

- *Do you find yourself on a mission to save everyone and everything around you?*
- *Are you confused by which problems require your attention because they all seem to need it?*
- *Do you quickly take on new responsibilities because "somebody has to do it," but end up feeling overwhelmed and regretful that you took them on in the first place?*
- *Do you feel underappreciated and easily slip into self-pity?*
- *Do you find yourself irritated by people or struggling to forgive them when they fail?*
- *Do friends and family rarely meet your expectations?*
- *Do you work hard but never feel like it is enough?*
- *Do you find yourself tempted to escape daily pressure through the abuse of food, alcohol, social media, or pharmaceuticals?*
- *Do you regularly and consistently lack peace?*

4. With your notes before you, take 10–15 minutes to humble yourself before God and submit to His yoke in regard to these things.

"The rest that Jesus offers only comes when we humble ourselves and submit to Him."

Chapter 3: RETURNING TO OUR ROOTS

1. What's your reaction to pride and humility being fundamental to your character—something you are or are not, rather than something you are conquering or attaining?

"Humility, then, is not simply a disposition or set of phrases. Humility is accurately understanding ourselves and our place in the world. Humility is knowing where we came from and who our people are. Humility is understanding that without God we are nothing. Without His care, without His provision, without His love, we would still be dust."

2. If humility is something Jesus teaches us—rather than something we choose—how does that change your perception of humility?
3. John 15:1–5 presents the analogy of the vine and the branches. In what sense do we have to let go of our own ego and identity as we pursue union with Christ?
4. Write out a working definition of *humility* as presented so far.

Chapter 4: FAMILY TREE

1. Block out 45 minutes or so for a time of silence and solitude. Turn to Philippians 2:3–11. Read the passage slowly a few times; ponder the following questions and feel free to journal your thoughts:
 - *Do you feel the need to prove your worth? to eschew the place of a servant? to buck against your human limitations? to maintain independence?*
 - *Ask God to reveal what needs attention right now in regard to this passage.*
2. In your experience, is there a connection between pride and that feeling of deflation we experience when we see another person succeed?
3. How does pride tempt us to compare ourselves to each other?
4. How would a proper view of your humanity help you escape this cycle?
5. Chapter 4 notes that “when we seek God’s glory, we’ll be able to appreciate it in the people around us. Instead of seeing them as threats to our own glory, we will see them as beautiful reflections of His.” How have you found this to be true?

Find a recipe for your favorite dish that features fresh apples. As you make it, think about how your heritage has shaped you much like history has shaped the apples you are preparing. Ask God to grant you insight into who you are as well as what it means that you have now been grafted into the True Vine.

Chapter 5: LOCAL HONEY

1. What aspects of living in a physical body frustrate you the most?

| *“Humility reminds us of our limits; humility teaches us that we are physical beings existing in a broken world.”*

2. How has the reality of living in imperfect flesh caused you to stumble?

3. Based on what you are learning in *Humble Roots*, what role has a lack of humility played in this struggle?

4. How might you choose to extend grace toward your body and begin to see it as a sweet gift that God has given you?

Chapter 6: HEALING HERBS

1. If you were to draw a picture of your heart's typical state, what would it look like? Consider sketching it out as you think it through.

"Emotional humility addresses both ends of the extremes of personal assessment, either of underestimating or overestimating ourselves."

2. How does this concept work in your own heart struggles?

3. Ask God to show you how to value your emotions while yielding them to His authority and care. Note what you learn.

"But what if humility roots our sense of self in something—or Someone—greater than our emotions? What if humility could free us from obsessing about how other people feel about us or even how we feel about ourselves?"

4. On your next trip to the store or garden center, grab sprigs of a few different fresh herbs—oregano, basil, thyme, mint, cilantro, rosemary, and parsley are commonly available. Pick a few kinds (and maybe one you've never tried before) to sample, considering the following questions:

- *Rub each herb between your fingers and take in the aroma. Take note of each scent and what you associate with it, whether that's a favorite food or a memory.*
- *What dishes do you typically associate with each herb? Taste each one, and compare the flavor when consumed alone versus how it contributes to a whole recipe.*
- *How are emotions like this herb experiment? Which emotions become attached to memories and preferences? Which emotions are strong when isolated but useful when applied in the proper context?*

Chapter 7: VINE-RIPENED

1. After reading each statement below, pause and ask the Lord to reveal your penchant for being right. Take notes about what you learn.
 - *If I just teach my children the right answers, they will become believers.*
 - *If I just do enough research, I can find the one "biblical" position on finances, food, entertainment, clothing, schooling, etc.*
 - *If I just confront the logical flaws in my atheist friend's reasoning, I can definitively prove the existence of God, and she will come to faith.*
 - *If I just study long enough, I can finally figure out the hidden meaning of an obscure verse that will unlock the entire Bible.*
2. With your notes before you, take 10–15 minutes to humble yourself before God and confess the way you are trusting your own ability to make right decisions to make life turn out the way you'd like.
3. Read James 3:14–17. What does it teach about earthly wisdom as compared to the wisdom from above?
4. What would it look like to be free from having to be right about everything?
5. How does admitting you don't know everything usher you into greater peace and rest?

"You are safe in the one who is truth Himself. And, when you are safe, suddenly you can open yourself up to the possibility that you might not know everything. You can open yourself up to the possibility that you never will. And then you can finally rest."

Chapter 8: NATURAL RESOURCES

1. In what ways are you privileged? Take stock of the resources God has given you including time, talent, education, wealth, opportunities, health, family, access, etc.

“And when we finally learn this—when we finally realize that we have nothing that we have not received—we’ve taken the first step to becoming grateful, humble people who can steward our resources well.”

2. Is it difficult for you to enjoy the gifts God has given you? Think about the ways you try to earn favor with God rather than express gratitude for His lavishness.

3. In what ways have you cultivated the gifts God has given for the good of others?

4. How might you become a better steward?

“When everything is gift and when we learn to trust the Giver of those gifts, we learn a kind of humility that makes us fearless and productive. And instead of either hoarding or rejecting our resources, we cultivate them.”

Chapter 9: FIELD OF DREAMS

1. What are you especially good at, something in which you are gifted or talented?
2. How can recognizing your God-given gifts and callings free you from the need to perform well at everything?
3. In what ways has your faith helped you steward your gift?

4. How has it hindered you?

"When you recognize that you love something and are gifted to do it, you must also immediately recognize that you do not love everything, and you are not gifted to do everything. Suddenly you realize your own limitations; desire humbles you. And suddenly you are free from the tyranny of 'keeping your options open.' "

5. Do you dream of doing something with your gifts but have put it aside because you don't want to be self-indulgent or prideful? What is it?
6. How might this new notion of humility make that pursuit possible again?

Chapter 10: THORNS AND THISTLES

1. When you encounter the brokenness of this world, what's your typical response? Rank these from most typical (1) to least (7).

- *doubt in God's goodness or control*
- *fear and anxiety*
- *denial or minimization of the pain*
- *active help to those in need*
- *cynicism and assignment of blame*
- *seeking out joy / pleasure to offset the pain*
- *hopelessness*

2. Why is this your typical response?

3. How would a proper sense of humility offset it?

"Humility teaches us that God is actively redeeming the world. And because He is, we can experience the relief of confessing our brokenness—whether it is intentional sin, our natural limitations, or simply the weight of living under the curse."

4. Dealing with the thorns and thistles in this life can be overwhelming. What small manifestations of sloth show up when we face the hard work of living?

5. What role does confession play in your faith?

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6. Based on what you read in the chapter, how might confession help you grow in humility?

7. What steps can you take this week to practice it?

"Humility teaches us to find rest in confession. Rest from the need to hide, the need to be perfect. We rest by saying, both to God and others, "I am not enough. I need help."

Chapter 11: A SECRET GARDEN

1. What difference does it make to you that Jesus is working even now to bring life from death in you and through you?

“Even now, the second Adam, the true Son of Man, is tending His Eden. And as we submit to His skillful hand, our own hearts and lives—though perhaps for a time locked and dead—will break forth in green. But this work involves death and resurrection.”

2. What hopes can we find in 1 Peter 5:5–7 and Isaiah 26:19?

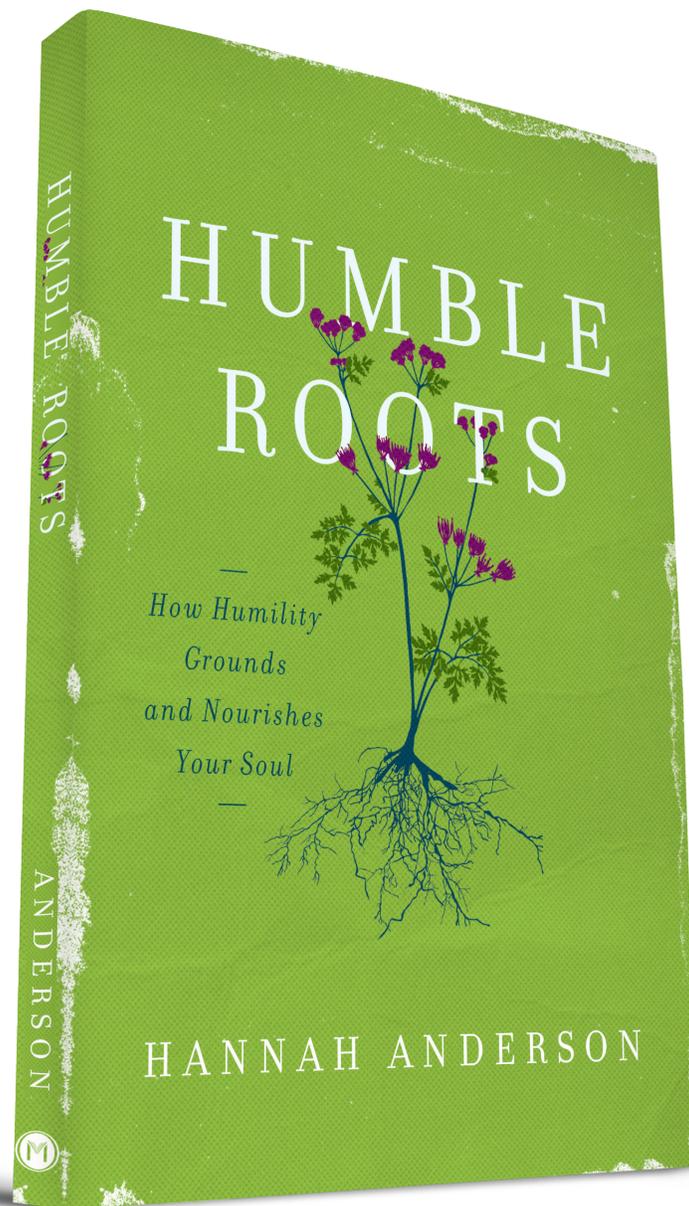
3. How might the daily act of putting your head on the pillow become a faith practice, whereby you choose to rest in Christ?

“Every night, we must stop our work; every night, we must lay ourselves down; and every night, we must trust. Every night, we must practice.”

4. How are sleeping and Sabbath keeping evidences of true humility?

5. If you experience difficulty with either of these, what might that reveal about your self-reliance?

6. Based on what you’ve read in *Humble Roots*, how does embracing your creaturehood allow you to rest in Christ today and for eternity?



“The wisdom in this book easily makes itself known on the first read through but I know I’ll delight in re-reading this book for years to come. It was a delightful, warmly challenging, and meaningful read that made me more aware of my personal limitations and God’s unending power. What rest her inspired words bring.”

- Amazon Reader Review for Humble Roots

Connect with Hannah at her blog sometimesalight.com and on Twitter @sometimesalight
