

Adult Teachers  
Sabbath School  
Bible Study Guide  
April | May | June 2026

# GROWING IN A RELATIONSHIP WITH GOD



## PRIDE VERSUS HUMILITY

Lesson 3 Study Notes[ABSG-2-2026]

April 11 - 17

# Disclaimer

These notes are prepared to support personal and group Bible study. While written with care and in harmony with Scripture, the Sabbath School Quarterly Guide, and the Spirit of Prophecy, they are not an official publication of the Sabbath School Department of the General Conference of Seventh-day Adventist Church. The Reader is encouraged to rely first on the Bible, together with the Sabbath School Quarterly Guide and the Spirit of Prophecy writings.

## Lesson 3 [April 11 - 17]: Understanding the Memory Text

“For whoever **exalts** himself will be **humbled**, and he who **humbles** himself will be **exalted**.” (Luke 14:11, NKJV)

- This lesson is about two **opposite attitudes**: **pride** and **humility**.
- **Pride** began with **Lucifer** in heaven.
- It led to the **great controversy** and continues to affect our **lives** today.
- **Jesus** shows us a different way—the way of **humility**.
- This text teaches us a **simple** but **powerful** rule for **God’s kingdom**.

### “For whoever exalts himself will be humbled...”

- To exalt yourself means to **lift** yourself up and think you are **better** than others.
- We see this in:
  - the **proud Pharisee** (Luke 18:11–12)
  - the **disciples** arguing about who was **greatest** (Luke 22:24)
  - **Lucifer**, who wanted to take **God’s place** (Isaiah 14:12–14)
- **Pride** is **dangerous** because it makes us feel we do **not** need **God**.
- But the Bible is **clear**: **God resists** the proud (1 Peter 5:5).
- Everyone who **lifts** themselves up will eventually be brought **low**.

### “...and he who humbles himself will be exalted.”

- To humble yourself means to see yourself as you really are—a **sinner** in need of **God’s grace**.
- It means:
  - **depending** on **God**
  - **giving** Him the **credit**
  - **taking** the **lowest place**
- **Moses** is an example. He was very **humble**, yet **God** used him greatly (Numbers 12:3).
- **Jesus** is the **greatest example**.
- Though He was **God**, He **humbled** Himself to **serve** and **die** for us (Philippians 2:5–8).
- Because of His **humility**, **God exalted** Him.

### What This Means for You

- **Check** your **heart**. **Pride** can hide in many ways—even in **good things** like knowledge or service. Ask **God** to **reveal** it.
- **Look** to **Jesus**. The more you see His **humility**, the more you will see your **need** of Him.
- **Choose** **humility** daily. Your **value** comes from **God**, not from being **better** than others.

This text teaches a **clear truth**: **Pride** brings us **down**, but **humility** lifts us **up**—because **God** Himself honors the **humble**.

# April 11: Sabbath Afternoon - Overview

## Summary

- This week focuses on two **opposite attitudes**: **pride** and **humility**.
- **Pride** is something we often see in others—but we must also **examine** our own **hearts**.
- It shows up when we want to appear **better, more important**, or **more right** than others.
- **Pride** began with **Lucifer** and led to the **great controversy** that still affects our **world** today.
- It also played a role in the **fall** of humanity when **trust** shifted from **God** to **self**.
- At its core, **pride** is choosing **self** over **God**.
- We may think our **value** comes from our **achievements, abilities**, or **status**.
- But the **truth** is, our **value** comes from **God**—He **created** us and **Christ** died for us.
- **Pride** damages our **relationship** with **God** and with others.
- It leads to **comparison, conflict**, and **self-dependence** instead of **trust** in **God**.
- In contrast, **Jesus** shows us a **different way**—the way of **humility**.
- His **life** teaches us to **depend** on **God**, **serve** others, and put **self** aside.
- This week invites us to **honestly examine** our **hearts**.
- It calls us to **let go** of **pride** and choose **humility**, just as **Christ** did.

## Main Points to Learn This Week

**Sunday** : We will learn what **pride** is and how it began.

- **Pride** comes from **self-exaltation** and leads us away from **God**.

**Monday** : We will understand the importance of **knowing ourselves**.

- True **humility** begins when we recognize our **sinfulness** and need for **God's grace**.

**Tuesday** : We will learn from the example of **Moses**.

- He chose **humility** over **worldly success** and trusted **God's leading**.

**Wednesday** : We will see how **pride** affects even **believers**.

- Even the **disciples** struggled with **pride**, showing how **serious** it is.

**Thursday** : We will look at **Jesus** as our **perfect example**.

- His **life of service** and **sacrifice** shows us what true **humility** looks like.

This Lesson shows that choosing **humility** is **essential** for a true **relationship** with **God**. When we turn away from **self** and follow **Christ's** example, we grow **closer** to Him and **reflect** His character in our lives.

# April 12: Sunday - The Tight Fingers of Pride

Read: 1 John 2:15–17; Isaiah 14:12–14; Philippians 2:5–11

## Summary

- **Pride** is the feeling that we are **better** or **more important** than others.
- It begins in the **heart** and often grows **quietly**.
- **Pride** started with **Lucifer** in heaven.
- He chose to **exalt** himself instead of **honoring God**.
- This led to the **great controversy**.
- **Pride** entered the human family through **sin**.
- **Adam and Eve** chose to trust **self** instead of **God**.
- **1 John 2:15–17** shows **three forms** of pride:
  - **Desire** of the **flesh**
  - **Desire** of the **eyes**
  - **Pride** of **life**
- These **desires** pull the **heart** away from **God**.
- They make us focus on **self** and the **world**.
- Using our **abilities** well is **not** pride.
- **Pride** comes when we take **credit** instead of giving **God glory**.
- Everything we have comes from **God**.
- Our **value** is based on **Him**, **not** on our **achievements**.
- True **Christian living** is built on **humility**.
- We must **examine** our own **hearts** and **faults**.
- We must treat others with **love** and **fairness**.
- **Jesus** is our **perfect example** of **humility**.
- He chose to **humble** Himself **completely**.
- This is the **opposite** of **Lucifer's pride**.

**Question**: What does **1 John 2:15–17** teach about **pride**?

**Answer**: It teaches that **pride** comes through **worldly desires** and leads us away from **God**.

**Reflection**: In which **area** of your life do you struggle most with **pride**?

**Takeaway**: **Pride** lifts **self**, but **humility** lifts **God**—choose to give Him **all the glory**.

# April 13: Monday - Know Yourself

**Read:** Luke 18:9–14; 1 John 1:9; 1 Peter 5:5

## Summary

- **Jesus** told a story about **two men** who went to **pray**.
- One man was **proud** and trusted his own **goodness**.
- The other man was **humble** and confessed his **sin**.
- The **proud man** focused on **himself** and his **works**.
- The **humble man** asked **God** for **mercy**.
- **Jesus** said the **humble man** was accepted by **God**.
- **God's kingdom** works **differently** from the **world**.
- Those who **exalt** themselves will be **humbled**.
- Those who **humble** themselves will be **lifted up**.
- It is easy to talk about our **achievements**.
- But these do **not** give us **value** before **God**.
- **God** looks at the condition of the **heart**.
- True **change** begins when we see our **sin** clearly.
- We must recognize our **need** for **Christ**.
- Then we can come to Him for **forgiveness**.
- **God** promises to **forgive** those who **confess**.
- He also **cleanses** us from **sin**.
- We know ourselves **better** when we look at **Jesus**.
- The **closer** we come to Him, the more we see our **need**.
- **God** resists the **proud** but gives **grace** to the **humble**.
- **Humility** opens the **door** to receive **God's grace**.

**Question**: What **lesson** did **Jesus** teach through the **two men** who prayed?

**Answer**: He taught that **God** accepts the **humble sinner** who depends on Him, **not** the person who trusts in their own **goodness**.

**Reflection**: When you **pray**, do you focus more on your **goodness** or your **need** of **God**?

**Takeaway**: True knowledge of **self** leads to **humility**, and **humility** opens the way for **God's grace**.

# April 14: Tuesday - Moses, Humble Servant

**Read:** Hebrews 11:24–26; Exodus 2:12; Numbers 12:3

## Summary

- **Moses** had a life of **privilege** in Egypt.
- He had **education, power, and wealth**.
- He chose to **leave** that life behind.
- He chose to **suffer** with **God's people**.
- He valued **eternal things** over **temporary pleasure**.
- **Hebrews 11** shows his **decision** clearly.
- He looked **beyond** this life to **God's reward**.
- **Moses** made a **serious mistake** early in life.
- He acted in **anger** and killed a man.
- This showed that **pride** and **self-trust** were still in him.
- He then spent **40 years** in the **wilderness**.
- **God** used this time to teach him **humility**.
- **Moses** had to unlearn **pride** and **self-dependence**.
- In the wilderness, **Moses** learned to depend on **God**.
- He became **patient, quiet, and teachable**.
- The Bible describes **Moses** as very **humble**.
- He became one of the **meekest** men on earth.
- **God** used him to **lead** Israel out of Egypt.
- His **humility** made him **fit** for leadership.
- His life could have been **different** if he was **proud**.
- **Pride** would have **ruined** his **mission**.
- True **humility** does **not** come from ourselves.
- It comes from **walking** with **God**.
- It grows when we depend **fully** on Him.

**Question**: Why did **Moses** choose a life of **suffering** instead of **comfort**?

**Answer**: He chose **God's way** because he valued **eternal rewards** more than **temporary pleasures**.

**Reflection**: Would others describe you as **humble**, and what shows that in your **life**?

**Takeaway**: **God** prepares His **servants** through **humility**—when we depend on Him, He can use us greatly.

# April 15: Wednesday - The Greatest Offense

Read: Luke 22:24–27; Psalm 51:10

## Summary

- The **disciples** argued about who was the **greatest**.
- They were close to **Jesus**, yet **pride** still grew in their **hearts**.
- **Pride** can rise even in **spiritual people**.
- It often comes **quietly** and is hard to **notice**.
- **Jesus** corrected their thinking about **greatness**.
- He said the **greatest** is the one who **serves**.
- True **greatness** is **not** about **position**, but **service**.
- **God's kingdom** is **different** from the **world**.
- The world seeks **power** and **recognition**.
- **God** values **humility** and **selfless service**.
- **Pride** is very **offensive** to **God**.
- It is one of the most **dangerous** sins.
- It is hard to overcome because we often do **not** see it.
- **Pride** leads to **self-sufficiency**.
- It makes us depend on **ourselves** instead of **God**.
- This **weakens** our **relationship** with Him.
- True **change** comes only through the **Holy Spirit**.
- We must ask **God** to reveal our **real condition**.
- We must allow Him to **remove pride** from our **hearts**.
- **Humility** begins when we **surrender** fully to **God**.
- It grows when we depend on Him **daily**.

**Question**: What did **Jesus** teach about true **greatness**?

**Answer**: He taught that true **greatness** is found in **humility** and **servicing others**, **not** in seeking **position** or **honor**.

**Reflection**: Do you seek to be **recognized**, or are you willing to **serve** quietly like **Jesus**?

**Takeaway**: **Pride** seeks to be **first**, but true **greatness** is found in **humble service**.

# April 16: Thursday - Look at Him

**Read:** Luke 22:27; Philippians 2:3–8; Psalm 138

## Summary

- **Jesus** is the **perfect example** of **humility**.
- He said He came to **serve**, **not** to be **served**.
- He helped people **daily** with **love** and **compassion**.
- He saw their **deep need**, even when they did **not**.
- **Jesus** left **heaven** and gave His **life** for us.
- His **sacrifice** shows the **depth** of **God's love**.
- The **Cross** shows us how to **live**.
- We are called to be **humble** and **serve** others.
- We should **not** seek to be **above** others.
- We should **value** others and put them **first**.
- Looking at **Jesus** changes how we see **ourselves**.
- We begin to see our **weakness** and **need** of Him.
- **Pride** fades when we focus on **Christ**.
- His **life** makes our **self-importance** seem **small**.
- Many struggle because they look at **themselves**.
- **Strength** comes when we look to **Jesus** instead.
- **Jesus** gives us **help** through the **Holy Spirit**.
- He gives **strength**, **peace**, and **victory** over **sin**.
- We grow when we spend **time** with Him **daily**.
- Quiet time with **God** helps us hear His **voice**.

**Question**: What is the **key lesson** from **Jesus'** example?

**Answer**: The key lesson is to **live** a life of **humility** and **service** by looking to **Jesus** and following His **example**.

**Reflection**: Are you focused more on **yourself**, or are you looking to **Jesus** each **day**?

**Takeaway**: When you look at **Jesus**, **pride** fades and a life of **humble service** begins.

# April 17: Friday - Further Thought

**Read:** Christ's Object Lessons, p. 160 by Ellen G. White

## Summary

- The **closer** we come to **Jesus**, the more we see His **purity**.
- The more we see His **purity**, the more we see our **sin**.
- True **holiness** does **not** boast.
- Those **closest** to **God** do **not** exalt themselves.
- **Heaven** values **humility**, **not status** or **ability**.
- **God** honors those who take a **low place** before Him.
- True **greatness** is like a **child's spirit**.
- It is **simple**, **trusting**, and **selfless**.
- **Pride** leads people to lift **themselves** up.
- **God** allows such people to be brought **low**.
- **Humility** prepares us for **God's work**.
- It allows **heaven** to work through us.
- **God** does **not** measure by **wealth** or **rank**.
- He looks for a **heart** united with **Christ**.
- **Pride** blocks **spiritual growth**.
- It makes us feel we do **not** need **God**.
- **Humility** opens the way for **grace**.
- **God** gives **grace** to the **humble**.
- **Jesus** is the **perfect example** of **humility**.
- His **life** shows the way to a **close walk** with **God**.

**Question**: Why is **humility** so important in the **Christian life**?

**Answer**: **Humility** helps us see our **need** of **God**, receive His **grace**, and grow in a true **relationship** with Him.

**Reflection**: Is there any **area** in your life where **pride** is still holding you back from fully **surrendering** to **God**?

**Takeaway**: **Pride** closes the **heart**, but **humility** opens the way for **God** to work in your **life**.