



RCCG OCEANIA

Character & Holiness

TRUTHFUL HUMILITY BEFORE GOD

AT A GLANCE

BIG IDEA

"Can I tell you the truth?" is a heart-level invitation to stop pretending and come before God honestly. The Psalms contrast the stability of those who walk in God's ways with the restlessness of pride and self-direction. This study calls us to humble our hearts, trust God, and pursue the life that bears lasting fruit.

PRIMARY PASSAGES

Psalms 1:31

Psalms 1:41

Psalms 131:141

KEY TAKEAWAYS

- Truth before God begins with humility, not performance.
- A righteous life is shaped by what we choose to dwell on and follow.
- Stability grows when we learn quiet trust instead of proud striving.
- There is a clear contrast between fruitful living and wasted living.
- Honesty with God leads to a settled heart and a directed life.

INTRODUCTION

Many people learn to manage appearances—explaining themselves, justifying choices, or staying busy to avoid what is truly happening inside. The Psalms provide a different path: truthful humility before God. Rather than pretending, Scripture calls for a settled heart that trusts God and a life-direction shaped by God's ways. This study helps evaluate what is forming the inner life and where that formation is leading.

SCRIPTURE READING

- **Psalm 1:3** — Within Psalm 1's contrast of two ways, this verse pictures the righteous person as a fruitful, well-rooted tree—stable, nourished, and productive over time.
- **Psalm 1:4** — Continuing the contrast, this verse describes the ungodly as weightless and driven—an image of instability and loss rather than lasting fruit.
- **Psalm 131:1-3** — This short psalm expresses humility and a quieted soul. It models a posture that refuses proud self-exaltation and chooses calm trust in God.

KEY POINTS

1. CAN I TELL YOU THE TRUTH? — Truthful humility starts with a willingness to be honest before God: where the heart really is, what it really wants, and what it is really trusting. Psalm 131 does not present a polished image; it presents a surrendered one. Humility is not denial of weakness or failure; it is the refusal to hide. It lays down self-justification and admits, “God, You already know—help me live in the truth.” A truthful posture also includes honest limits. Psalm 131 describes a heart that stops reaching for what is “too great” and instead chooses a quiet, submitted life with God—one that is teachable and at peace.

- Pray with plain honesty: name what you fear, what you desire, and where you have been pretending.
- Ask God to expose self-justification and replace it with repentance and trust.
- Practice a short daily pause to quiet the heart before making decisions or responding to pressure.
- Choose one relationship where you will practice truthful humility (owning wrongs without excuses).

Scripture: Psalm 131:1-3

KEY POINTS (CONT.)

2. **TWO WAYS, TWO OUTCOMES** — Psalm 1 presents two distinct paths, not two labels for the same lifestyle. One way is rooted and fruitful; the other is scattered and empty. The difference is not merely outward appearance, but direction and end result. The righteous are described with images of stability and life: planted, nourished, and productive. The ungodly are described with images of instability: light, driven, and lacking substance. This contrast helps with clarity. Instead of asking only, "How do I feel right now?" Psalm 1 invites the question, "Where is this path taking me?"

- Identify one area where your current direction is producing instability; write down what "a different path" would look like.
- Evaluate outcomes over time, not just intentions: what patterns are actually being formed?
- Choose a simple act of obedience that aligns with God's way (even if it feels small).
- Reduce exposure to influences that consistently pull you toward pride, compromise, or restlessness.

Scripture: [Psalm 1:3](#) [Psalm 1:4](#)

KEY POINTS (CONT.)

3. A QUIETED, TRUSTING HEART — Psalm 131 portrays humility as strength: the soul is “quieted,” not chaotic. This is not passivity; it is the disciplined choice to stop striving for control and to rely on God. Pride often shows itself through inner noise—constant comparison, self-importance, or anxiety about outcomes. Humility quiets that noise by returning the heart to God’s care. A quieted heart supports steady obedience. When the soul is not driven by proving itself, it becomes more consistent, more patient, and more resilient in doing what is right.
- When anxious or defensive, practice “quieting”: slow down, confess pride, and reaffirm trust in God.
 - Replace comparison with gratitude: list specific ways God has sustained you.
 - Choose one recurring pressure point and decide in advance how you will respond with humility.
 - Ask God to grow endurance by teaching you to wait with hope rather than rushing in self-direction.

Scripture: (Psalm 131:1-3)

KEY POINTS (CONT.)

4. **CHOOSE THE SHAPING INFLUENCE** — A life is shaped by what it stays near. Psalm 1 uses the image of a tree planted by streams—growth that comes from consistent access to what nourishes. Stability is not accidental; it comes from repeated choices about what influences the heart. In contrast, the ungodly are pictured as chaff—remaining close to nothing substantial, easily carried and scattered. The image is not about momentary failure, but about a life formed without weight, rootedness, or lasting fruit. Choosing the shaping influence means selecting inputs and patterns that form righteousness: what you listen to,
...

KEY POINTS (CONT.)

4. CHOOSE THE SHAPING INFLUENCE (CONT.) — return to, meditate on, and imitate. Over time, these choices become a path with visible outcomes.

- Audit your influences: list what most shapes your thoughts and decisions, and name one change to make.
- Create a simple rhythm of Scripture intake that you can sustain consistently.
- Choose one habit that strengthens rootedness (prayer, reflection, accountability) and practice it regularly.
- When tempted to drift, ask: “Will this make me more planted or more scattered?”

Scripture: [Psalm 1:3](#) [Psalm 1:4](#)

GROUP DISCUSSION

Tip: Use these questions to guide the group from seeing → understanding → applying.

OBSERVATION

- What images are used in Psalm 1:3 and Psalm 1:4, and what do they suggest about stability and instability?
- In Psalm 131:1-3, what words or phrases show humility and a quieted soul?
- What contrasts are clearly presented between the righteous and the ungodly in these passages?
- What repeated themes appear across Psalm 1 and Psalm 131 regarding the inner life (heart/soul) and the outward path?

INTERPRETATION

- Why might Scripture connect fruitfulness to being “planted” rather than to intensity or ambition?
- What does it mean in practice to avoid reaching for what is “too great” (Psalm 131), and how can that be an act of faith?
- How do the images of “tree” and “chaff” help evaluate a person’s direction over time?
- What is the relationship between humility and honesty—why does one tend to produce the other?

INTERPRETATION (CONT.)

- How can pride show itself as restlessness or striving even when outward behavior looks successful?

APPLICATION

- Where are you most tempted to pretend before God, and what truthful prayer would you bring instead?
- What is one sign that your heart has become noisy or driven, and what helps you quiet it in God's presence?
- Which influence most shapes your daily attitudes (inputs, relationships, habits), and how can you choose a more nourishing influence?
- What decision are you currently facing that requires trusting God rather than controlling outcomes?
- What concrete step would move you from a scattered pattern toward a planted pattern this week?

PRAYER FOCUS

- Confess where I have been pretending or self-justifying before You.
- Quiet my anxious striving and teach me humble trust.
- Plant me in Your truth so my life bears lasting fruit.
- Strengthen me to choose obedience over pride and self-direction.

NEXT STEP

Read Psalm 1 and Psalm 131, then write one honest confession and choose one concrete obedience that will help you become more planted and less scattered.

CONCLUSION

Truthful humility before God is a path to stability, not shame. Psalm 131 models a quieted heart that stops striving and trusts God, while Psalm 1 clarifies that two ways produce two outcomes—fruitfulness or emptiness. As honesty replaces performance and trust replaces pride, ...

CONCLUSION (CONT.)

God forms a steady life that bears lasting fruit through consistent, rooted choices.

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