**The Imitation of Christ by Thomas A. Kempis**

**BOOK ONE:** THOUGHTS HELPFUL IN THE LIFE OF THE SOUL

**Chapter 7:** Avoiding False Hope and Pride

**Definition and Scriptures:**

**False Hope:** Confident feelings about something that might not be true.  (Cambridge dictionary)

**Ephesians 5:6**: Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience. (ESV)

**Proverbs 13:12**: Hope deferred makes the heart sick, but a desire fulfilled is a tree of life. (ESV)

**Quote:**

“Put no trust in your own learning nor in the cunning of any man, but rather in the grace of God Who helps the humble and humbles the proud.”

**Discussion:**

Why should we trust in God’s grace and not our own accomplishments?

Why do you think God helps the humble and humbles the proud?