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

**BOOK TWO:** THE INTERIOR LIFE

**Chapter 2:** Humility

**Quote:**

"BE NOT troubled about those who are with you or against you, but take care that God be with you in everything you do. Keep your conscience clear and God will protect you, for the malice of man cannot harm one whom God wishes to help. If you know how to suffer in silence, you will undoubtedly experience God's help. He knows when and how to deliver you; therefore, place yourself in His hands, for it is a divine prerogative to help men and free them from all distress."  
  
**Concept and Scripture:**

Being accepted by God is more important than being accepted by man

Romans 8:31-34

“If God is for us, who can be against us? … Who will bring any charge against those whom God has chosen? It is God who justifies. Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us.”

**Discussion:**

How does peer pressure cause us to be conformed to this world while God’s love transforms us into his image?

**Concept and Scripture:**

A clear conscience towards God will protect us from the malice of other people (sticks and stones may break my bones, but names will never hurt me)

Deuteronomy 8:2-3

And you shall remember that the LORD your God led you all the way these forty years in the wilderness, to humble you and test you, to know what was in your heart, whether you would keep His commandments or not. So He humbled you, allowed you to hunger, and fed you with manna which you did not know nor did your fathers know, that He might make you know that man shall not live by bread alone; but man lives by every word that proceeds from the mouth of the LORD.

**Discussion:**

God tests us so that he can grow us in his love; whereas, Satan tests us so that he can control us by his wrath. What is the difference between being built up in God’s love and being torn down by Satan’s wrath?

**Concept and Scripture:**

Use your suffering as a way to grow closer to God, not for selfish gain

[Romans 8:35](https://www.biblestudytools.com/romans/8-35.html), 38-39

"Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? … No, in all these things we are more than conquerors through Him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.”

**Discussion:**

How does suffering bring us closer to God?

**Concept and Scripture:**

You can trust in God’s plan for your life

## [2 Corinthians 12:9](https://www.biblestudytools.com/2-corinthians/12-9.html)

## “But He said to me, ‘My grace is sufficient for you, for My power is made perfect in weakness.’ Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.”

**Discussion:**

## How does weakness show us our need for God?