



EXPLORE THE BIBLE.

Session 10: Be Humble

Suggested Week of Use: May 4, 2025

Core Passage: 1 Peter 5:1-11

News Story Summary

Shohei Ohtani, the Los Angeles Dodgers' phenom, is well-known for his abilities as both a hitter and a pitcher. In fact, he is considered by many to be the best baseball player in the world. After playing five years in his native Japan, Ohtani joined Major League Baseball's Los Angeles Angels and was named Rookie of the Year in 2018. He also has won three Most Valuable Player awards in seven seasons. His most recent MVP came last year, as he helped his new team, the Dodgers, capture the World Series title.

However, during a game last month, Ohtani did something completely selfless. According to one report, Ohtani, who was in the dugout, went to the cooler and fixed a drink for each of the players in the field. While the superstar's actions went viral, his humble service reinforced the respect he already had earned among other players and reminded everyone of the importance of mutual support in a team game. Meanwhile, fans took to social media to describe Ohtani as a role model, a great person, and someone who makes the game of baseball better.

For more about this story or to find a video to share during the session, search "Ohtani takes care of his teammates."

Engage

To supplement the Engage activities, encourage adults to identify their favorite Major League Baseball players and why. Write the name "Shohei Ohtani" on the board. Allow volunteers to share anything they know about Ohtani. Explain that while he is a great player, he also has developed a reputation for humility. Summarize the article about Ohtani making drinks for his teammates during a recent game. Ask: *Why does an act of humility like this stand out in professional sports? In general, how common would you say humility is in our culture?* Point out that today's session from 1 Peter 5 focuses on humility and why it is such an important part of the Christian life.

Challenge

To supplement the Challenge activities, remind the group of Shohei Ohtani's service toward his teammates during a recent game. Discuss how his actions demonstrated humility—especially unique for someone in such a high-profile position. Ask: *How can a Christ follower's humble service provide a witness of Christ's love? What makes it difficult to display a spirit of humility with each other and with God?* Discuss responses. Challenge adults to spend time during the week asking God to help them live out humility in genuine ways. Encourage them to look for opportunities to put other people first. Close in prayer.