

# Humility

*“You younger men, likewise, be subject to your elders; and all of you, clothe yourselves with humility toward one another, for God is opposed to the proud, and gives grace to the humble. Humble yourselves, therefore, under the mighty hand of God, that He may exalt you at the proper time.”*  
*I Peter 5:5-6*

When people come to me for restoration counsel, the first thing I share with them after giving them hope that restoration is possible is three things: be humble, be teachable, be willing to change.

## **To be humble means to not be proud!**

Pride is humanity’s chief problem. The pride problem popped up in the very beginning of the human experience. A proud spirit got Adam and Eve booted out of Eden. Instead of humbling themselves to God’s Word and will, they got all puffed up, arrogantly doubted God, challenged His will and lost their place in Paradise (Genesis 3).

What would human history have looked like if our first parents had humbled themselves?

God Himself showed us fallen sinners the highway to humility. In Philippians 2:5-8 we read that Jesus “*emptied Himself*” and “*humbled Himself*”. The Lord’s attitude was humility...to the point of death on a cross. The result: Eternal salvation for you and me. And, God highly exalted Jesus. His name is above every name. Why? Because Jesus humbled Himself (Philippians 2:9-11).

Here are some observations from our scripture for this week.

- God is opposed to the proud. God is a foe, not a friend, of the arrogant.
- Humility is my responsibility. Note: Clothe yourself and humble yourself.
- Be humble toward each other. Humility is the oil of healthy human relationships.
- God gives grace to the humble and exalts humble people at the right time.
- Humble people are safe and secure under the mighty hand of Almighty God.
- I believe Peter is saying that that we must humble ourselves or we will be humbled and maybe even humiliated.

**Pride hurts. Humility heals.**

**Pride is a barrier to healthy relationships with God, ourselves and people.**

The pathway to humility begins by forsaking pride. Arrogance separates and stresses relationships. Pride is all about power struggles and pits people against one another.

**Humility always precedes healing.** Humble people don't have to have their way. Humble people aren't on power trips. Humble people don't think more highly of themselves than they should think. Humble people care about how other people feel. Humility strips pride of its power and turns people toward each other.

It is a fact of life: wounds won't heal without humility and submission to God's healing process. Relationships will not reconcile without both parties casting off pride and clothing themselves with humility.

### **Helpful Hints For Becoming Humble**

- ✓ First of all, don't brag on how humble you are! That's false humility.
- ✓ Secondly, honestly answer: Am I an arrogant or humble person? Allow God to search your heart and point out any pride that lurks inside.
- ✓ Thirdly, admit arrogance. Forsake pride. Humbly submit yourself to God's Word and will.
- ✓ Fourthly, would others say I am humble or arrogant? Honestly deal with their opinion. Then change your attitude and behavior.
- ✓ Fifthly, humble yourself to people you have hurt. Confess your wrongdoing. Express your sincere sorrow. Ask for forgiveness. Promise to walk humbly before them. Have Christ's attitude toward the people you love. Serve them in His name.

If you are trying to regain someone's trust, or win them back, or heal your relationship, HUMBLE YOURSELF. That's right, humble yourself. Don't just swallow your pride. Die to arrogance. Pride led to your fall (Proverbs 16:18). Humility will get you back on your feet to follow God and do life His way.

**Life is one long lesson in humility...so keep stay enrolled in humility school. Humble yourself so God can exalt you.**

*"Be of the same mind toward one another; do not be haughty (arrogant) in mind, but associate with the lowly. Do not be conceited in your own estimation." Romans 12:16*

*"Do nothing from selfishness or empty conceit, but with humility of mind let each of you regard one another as more important than himself." Philipians 2:3*

**A Word For Your Week:** Humble yourself if you want to experience healing, restoration and renewal.