



**Help, I'm struggling with
humility!**

Today's sermon outline

- ▶ What is humility and what are some symptoms of a lack of humility?
- ▶ What is the primary root of a lack of humility?
- ▶ What's a pathway for growing in humility?
- ▶ How humility looks and sounds in everyday relationships

Biblical authors who address humility

- ▶ **II Chron. 7:14** If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land. **Ezra**
- ▶ **Psalms 149:4** For the LORD takes delight in his people; he crowns the humble with victory. **David**
- ▶ **Prov. 11:2** When pride comes, then comes disgrace, but with humility comes wisdom. **Solomon**
- ▶ **Isaiah 57:15** “For thus says the high and lofty One that inhabits eternity, whose name is Holy: I dwell in the high and holy place, with him also that is of a contrite and humble spirit, to revive the spirit of the humble, and to revive the heart of the contrite. **Isaiah**

Biblical authors who address humility

- ▶ **Micah 6:8** He has shown you, O mortal, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God. **Micah**
- ▶ **Luke 14:11** “For all those who exalt themselves will be humbled, and those who humble themselves will be exalted.” **(Jesus)**
- ▶ **John 3:30** “He must become greater; I must become less.” **John the Baptist**
- ▶ **Col. 3:12** Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. **Paul**
- ▶ **I Pet. 5:5b.** All of you, clothe yourselves with humility toward one another, because, “God opposes the proud but shows favor to the humble.” **Peter**

What exactly is humility?

- ▶ A freedom from pride or arrogance – **Merriam Webster**
- ▶ A lack of pride **Cambridge Dictionary**
- ▶ Humility means a modest view of our importance in contrast to pride or arrogance which is an inflated view of our importance.

Indicators of a lack of humility

- ▶ Self-righteousness – convinced of one's own righteousness especially in contrast with the actions and beliefs of others
- ▶ Mentality of disdain for others – quick to blame and condemn
- ▶ Critical attitude and being quick to judge other people's motives or meaning – “I know, and they don't” → assumicide
- ▶ Inability to relate to or empathize with others' struggles,
- ▶ Driving need to be right and have the last word,

Indicators of a lack of humility

- ▶ Need to demonstrate skill and competence,
- ▶ Habit of name-dropping
- ▶ Sometimes desperate need to protect one's reputation and be understood at all costs
- ▶ Writing off others (individuals or groups of people) quickly with a label
- ▶ Others may comment on our pretentious attitude

Just a few of my “inner circle” contacts



What gets in the way of humility?

- ▶ “To be known and not loved is our greatest fear.” **Tim Keller**
- ▶ To be known and be viewed as irredeemably invaluable is another top fear.
- ▶ In other words, to believe that no one can truly love you as you are, and that you bring little if anything of value into this world or any relationship is the root of all insecurity.

So is there any hope?

A pathway for growing humility

- ▶ First and foremost, we run daily, hourly into the arms of Jesus for his great love, grace and calling for us. (Phil. 2:1)
- ▶ We view ourselves with sober judgment (Rom. 12:3)
- ▶ We attune ourselves to see and resist any form of glory-stealing from God
- ▶ Ask God for more humility and the wisdom to see pride creeping into your life and relationships (James 1:5)

Practicing humility

1. In marriage...
2. When you get an email that seems quite snarky....
3. When you offend a friend or a colleague at work....
4. In any relationship where an argument about who is right erupts....

Practicing humility

5. When someone is sharing a struggle you can't really relate to...
6. When a relationship is starting to go sour....
7. When your life events are leading you to question what God is doing....

Group discussion questions

- ▶ What are your indicators that you are struggling with humility?
- ▶ What do you think about insecurity (fear of being known **and** not loved or valued) being the fuel for prideful responses rather than humility? Are there other “fuels” you can think of?
- ▶ What empowers you to live out a mindset of humility?
- ▶ **Humility Challenge:** “This week I will only look at and assess my own actions, attitudes and thoughts with the help of the Holy Spirit, and not look to find fault in others.”



Continuum of self-importance

Worm

Sense of worthlessness
Completely inferior to others

Humble

Grounded/confident; I have
value, but so do others; in
fact, I view them as better
than me. Phil 2:3

Arrogant

Overly confident; feel
superior to and
disdain for others