

DAILY BIBLE VERSES AND PRAYER THOUGHTS:

MONDAY - VERSES: Luke 12:36-38; Matthew 11:29; John 13:3-5,12-17 PRAYER THOUGHT: Thank God for sending Jesus to show you an example of humility.

TUESDAY - VERSES: Philippians 2:5-11; Matthew 18:4; 23:12; Romans 12:3 PRAYER THOUGHT: Ask God to help you follow Jesus' example of humility so that you can be rewarded like Him.

WEDNESDAY - VERSES: Proverbs 8:13; 29:23; PRAYER THOUGHT: Ask God to help you honestly examine your life for areas where pride is still in control.

THURSDAY - VERSES: Isaiah 57:15; 1 Peter 5:5-6; Proverbs 13:10; 14:3 PRAYER THOUGHT: Ask God to help you humble yourself and reconcile with those with whom you are at odds.

FRIDAY - VERSES: 2 Chronicles 7:14; 32:26; Jeremiah 13:9,17 PRAYER THOUGHT: Ask God to forgive you of those times when you have allowed pride to drive your attitudes, words and actions.

SATURDAY - VERSES: Exodus 10:3; Deuteronomy 8:2,16; 2 Chronicles 34:27; Job 22:29 PRAYER THOUGHT: Thank God for His mercy and pray that you will live a life of humility to receive that mercy and not a life of pride that He will destroy.



Pride makes us artificial and humility makes us real. - Thomas Merton



Humility is the foundation of all the other virtues hence, in the soul in which this virtue does not exist there cannot be any other virtue except in mere appearance. Saint Augustine



ASSIGNMENTS

1. Daily read over this material and read or sing the song.
2. Place the scripture where you will see it often each day.
3. Think of times when you have practiced humility.
4. Write down the ways you could have practiced humility.
5. Plan to tell the class how you or someone you know has practiced humility, or tell how you have struggled with pride or being humble in some specific way.

SPIRITUAL HEALTH REGIMEN - WEEK 26

HUMILITY - 1-13-13 to 1-19-13

SCRIPTURE - Luke 14:11 "For whoever exalts himself will be humbled, and he who humbles himself will be exalted."

COMMENT - If we exalt ourselves on this earth we will be humbled on judgment day by God but if we humble ourselves on earth we will be exalted by God in heaven.

SONG – ON BENDED KNEE

1. On bended knee I come, With a humble heart I come; Bowing down before Your holy throne. Lifting holy hands to You, As I pledge my love anew. I worship You in spirit, I worship You in truth; Make my life a holy praise unto You.

2. On bended knee I come, With a broken heart I come; Bowing down before Your holy throne. As I look upon Your face, Show Your mercy and Your grace. Change my life, O Holy Spirit Make me fresh and ever new; Make my life a holy sacrifice to You.

THOUGHTS

From an experience of her childhood, Mrs. Floyd Crook recalls how a great truth was impressed upon her with special meaning. She writes, "I came home from school one day crying because I had been given only a small part in the children's program, while my playmate got the leading role. After drying my tears, my mother took off her watch and put it in my hand. 'What do you see?' she asked. 'A gold case, a face, and two hands,' I replied. Opening the back, she repeated the question. I told her I saw many tiny wheels. 'This watch would be useless,' she said, 'without every part -- even the ones you can hardly see.' That object lesson has helped me all through life to see the importance of the small duties we're asked to perform."



A young seminary graduate came up to the lectern, very self confident and immaculately dressed. He began to deliver his first sermon and the words simply would not come out. Finally he burst into tears and ended up leaving the platform obviously humiliated.

There were 2 older ladies sitting in the front row and one remarked to the other, "If he'd come in like he went out, he would have gone out like he came in."

Success can go to my head, and will unless I remember that it is God who accomplishes the work, that He can continue to do so without my help, and that He will be able to make out with other means whenever He cuts me down to size.



John Brodie, former quarterback for the San Francisco 49ers, was once asked why a million-dollar player like him should have to hold the ball for field goals and points after touchdown. "Well," said Brodie, "if I didn't, it would fall over."



In his Screwtape Letters, C.S. Lewis contended that we can even be proud of our humility. Pride is a telescope turned the wrong way. It magnifies self and makes the heavens small. No wonder Jesus said, "To be congratulated are the poor in spirit." He illustrated this text with His parable of a Pharisee and publican in prayer.



I read a story about a rich baker who sent for 20 of the poorest children in town and said to them, "In this basket is a loaf of bread for each of you. Take one and come back every day and I'll give you more." Immediately the youngsters began quarreling about who would get the largest loaf. Snatching from the basket, they left without even thanking the baker.

One girl, Gretchen, waited until the others had left. She then took the remaining, smallest loaf, kissed the old man's hand, and went home. The next day the scene was repeated. When Gretchen's mother sliced this loaf, she found many shiny sliver pieces inside. When Gretchen took the money back to the baker, he said, "No, my child, it was not a mistake, I put them into the smallest loaf to reward you."



F. B. Meyer once said: "I used to think that God's gifts were on shelves one above the other; and that the taller we grew in Christian character the easier we could reach them. I now find that God's gifts are on shelves one beneath the other. It is not a question of growing taller but of stooping lower; that we have to go down, always down, to get His best gifts."

Robert E. Speer tells how he was entertained by the president of a small college who offered his own apartment because the school had limited guest facilities. "I woke up early the next morning," said Speer, "when I heard someone tiptoe into the room. I lay there quietly with my eyes open just a slit to see who it was. To my surprise the president of the college walked in, picked up my dirty boots, and walked out. I got out of bed, opened the door a crack, and watched him take them to an adjoining hallway. Then he got down on the floor and began polishing them. I could have cried at the sight. His hospitality and thoughtfulness showed me what a great man he really was. Some years after that he rose to national prominence. Because of his complete humility of spirit, God elevated him to a higher position."



Socrates, made the statement that he was the wisest of the Athenians. That shocked everybody because he was a very humble man. So they asked him what he meant. And he said something like this, "Well, there are a great many of the Athenians who think they know, and I know I do not know, I am the wisest of the Athenians."



HUMBLE YOURSELF - LUKE 14:7-11

I. GOD IS OPPOSED TO THE PROUD

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| A. Proverbs 8:13 | B. Proverbs 16:18 |
| C. Proverbs 16:5 | D. Proverbs 21:4 |
| E. Psalm 101:5 | F. James 4:6 |

II. BOASTING INDICATES PRIDE

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| A. James 4:16 | B. Romans 1:28-32 |
| C. 2 Timothy 3:1-5 | D. James 3:13-17 |
| E. Proverbs 27:2 | |

III. GOD EXPECTS AND RESPECTS HUMILITY

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| A. Micah 6:8 | B. Romans 12:3 |
| C. Romans 12:16 | D. Romans 14:11 |
| E. Philippians 2:1-4 | F. James 4:10 |
| G. 1 Peter 5:5-6 | |

IV. THE HUMBLE ARE BLESSED

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| A. Matthew 23:12 | B. Proverbs 22:4 |
| C. Matthew 5:3-5 | D. Proverbs 29:23 |

HUMBLE YOURSELF

SCRIPTURE: (Luke 14:7-11) So He told a parable to those who were invited, when He noted how they chose the best places, saying to them: {8} "When you are invited by anyone to a wedding feast, do not sit down in the best place, lest one more honorable than you be invited by him; {9} "and he who invited you and him come and say to you, 'Give place to this man,' and then you begin with shame to take the lowest place. {10} "But when you are invited, go and sit down in the lowest place, so that when he who invited you comes he may say to you, 'Friend, go up higher.' Then you will have glory in the presence of those who sit at the table with you. {11} "For whoever exalts himself will be humbled, and he who humbles himself will be exalted."

INTRODUCTION

A. Humility Is the Opposite of Pride - Exalting Self Is Pride, Lowering Self Is Humility

B. Pride Keeps Us from Admitting Our Faults, Errors, Weaknesses & Need for God's Guidance.

C. Problems of Life Can Begin to Be Solved When a Person Is Willing to Humble Himself Before God and Others.

D. What Disagreement Could Not Be Settled with the Breaking of Willful Pride and Humbling of Self

E. from Family Problems to National Problems It's the Cold Heart, the Stiff Neck and the Unbending Knees That Prevent Solutions. - (Acts 7:51) "You stiffnecked and uncircumcised in heart and ears! You always resist the Holy Spirit; as your fathers did, so do you.

F. Humility Will Guard the Heart from the Cancer of Jealousy, Envy, Bitterness, Vengeance and the Lust for Power.

I. GOD IS OPPOSED TO THE PROUD

A. (Prov 8:13) The fear of the LORD is to hate evil; Pride and arrogance and the evil way And the perverse mouth I hate.

B. (Prov 16:18) Pride goes before destruction, And a haughty spirit before a fall.

C. (Prov 16:5) Everyone proud in heart is an abomination to the LORD; Though they join forces, none will go unpunished.

D. (Prov 21:4) A haughty look, a proud heart, And the

plowing of the wicked are sin.

E. (Psa 101:5) Whoever secretly slanders his neighbor, Him I will destroy; The one who has a haughty look and a proud heart, Him I will not endure.

F. (James 4:6) But He gives more grace. Therefore He says: "God resists the proud, But gives grace to the humble."

II. BOASTING INDICATES PRIDE

A. (James 4:16) But now you boast in your arrogance. All such boasting is evil.

B. (Rom 1:28-32) And even as they did not like to retain God in their knowledge, God gave them over to a debased mind, to do those things which are not fitting; {29} being filled with all unrighteousness, sexual immorality, wickedness, covetousness, maliciousness; full of envy, murder, strife, deceit, evil-mindedness; they are whisperers, {30} backbiters, haters of God, violent, proud, boasters, inventors of evil things, disobedient to parents, {31} undiscerning, untrustworthy, unloving, unforgiving, unmerciful; {32} who, knowing the righteous judgment of God, that those who practice such things are deserving of death, not only do the same but also approve of those who practice them.

C. (2 Tim 3:1-5) But know this, that in the last days perilous times will come: {2} For men will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, {3} unloving, unforgiving, slanderers, without self-control, brutal, despisers of good, {4} traitors, headstrong, haughty, lovers of pleasure rather than lovers of God, {5} having a form of godliness but denying its power. And from such people turn away!

D. (James 3:13-17) Who is wise and understanding among you? Let him show by good conduct that his works are done in the meekness of wisdom. {14} But if you have bitter envy and self-seeking in your hearts, do not boast and lie against the truth. {15} This wisdom does not descend from above, but is earthly, sensual, demonic. {16} For where envy and self-seeking exist, confusion and every evil thing are there. {17} But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy.

E. (Prov 27:2) Let another man praise you, and not your own mouth; A stranger, and not your own lips. Will Rogers said: Get someone else to blow your horn, and the sound will carry twice as far.

III. GOD EXPECTS AND RESPECTS HUMILITY

A. (Micah 6:8) He has shown you, O man, what is good; And what does the LORD require of you But to do justly, To love mercy, And to walk humbly with your God?

B. (Rom 12:3) For I say, through the grace given to me, to everyone who is among you, not to think of himself more highly than he ought to think, but to think soberly, as God has dealt to each one a measure of faith.

C. (Rom 12:16) Be of the same mind toward one another. Do not set your mind on high things, but associate with the humble. Do not be wise in your own opinion.

D. (Rom 14:11) For it is written: "As I live, says the LORD, Every knee shall bow to Me, And every tongue shall confess to God."

E. (Phil 2:1-4) Therefore if there is any consolation in Christ, if any comfort of love, if any fellowship of the Spirit, if any affection and mercy, {2} fulfill my joy by being like-minded, having the same love, being of one accord, of one mind. {3} Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. {4} Let each of you look out not only for his own interests, but also for the interests of others.

F. (James 4:10) Humble yourselves in the sight of the Lord, and He will lift you up.

G. (1 Pet 5:5-6) Likewise you younger people, submit yourselves to your elders. Yes, all of you be submissive to one another, and be clothed with humility, for "God resists the proud, But gives grace to the humble." {6} Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time,

IV. THE HUMBLE ARE BLESSED

A. (Mat 23:12) "And whoever exalts himself will be humbled, and he who humbles himself will be exalted.

B. (Prov 22:4) By humility and the fear of the LORD Are riches and honor and life.

C. (Mat 5:3-5) "Blessed are the poor in spirit, For theirs is the kingdom of heaven. {4} Blessed are those who mourn, For they shall

be comforted. {5} Blessed are the meek, For they shall inherit the earth.

D. (Prov 29:23) A man's pride will bring him low, But the humble in spirit will retain honor.

CONCLUSION

A. LATTER DAY PERILOUS TIMES RELATE TO LACK OF HUMILITY AND PRESENCE OF PRIDE - (2 Tim 3:1-5) But know this, that in the last days perilous times will come: {2} For men will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, {3} unloving, unforgiving, slanderers, without self-control, brutal, despisers of good, {4} traitors, headstrong, haughty, lovers of pleasure rather than lovers of God, {5} having a form of godliness but denying its power. And from such people turn away!

B. ONE DAY ALL WILL HUMBLE THEMSELVES BEFORE GOD - (Phil 2:9-13) Therefore God also has highly exalted Him and given Him the name which is above every name, {10} that at the name of Jesus every knee should bow, of those in heaven, and of those on earth, and of those under the earth, {11} and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father. {12} Therefore, my beloved, as you have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling; {13} for it is God who works in you both to will and to do for His good pleasure.

C. I Wonder by Ruth Harms Calkin

You know, Lord, How I serve You with great emotional fervor in the limelight.

You know how eagerly I speak for You at a service Club.

You know my genuine enthusiasm at a Bible study.

But how would I react, I wonder, if You pointed to a basin of water and asked me to wash the calloused feet of a bent and wrinkled old person day after day, month after month, in a room where nobody saw and nobody knew?

D. Have You Voluntarily Humbled Yourself? Or Are You Waiting for Judgement Day to Be Humbled Before God?

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