



## PUT ON HUMILITY

### Why is the boy wearing a hat?

Being humble involves a proper view of ourselves. A humble person is content with the position God has put him in. He is not trying to raise himself above those who are over him. Hats (such as a fireman's hat, a policeman's hat, a hard hat, a football helmet) are often associated with a person's job and station in life.

The hat can remind us to be content in the position God has placed us, and to not seek to be something He has not made us to be.

### What is humility?

The Greek word used in Colossians 3 is a combination of two words that together mean "a humiliation or lowliness of mind." A humble person has a modest opinion of himself, viewing himself as small before God and small before men. He understands that whatever he is and whatever he has is only because of God's grace.

He also recognizes and rejoices in the strengths and talents of others. He submits to those over him and is courteous and yielding to those under him. He is concerned for the welfare of others, and is willing to lay down his own desires for the benefit of others.

### What does the Bible say about humility?

- *"For you know the grace of our Lord Jesus Christ, that though he was rich, yet for your sake he became poor, so that you by his poverty might become rich."* (2 Corinthians 8:9)

What did Jesus do for our sakes?

- *"But Jesus called them to Him and said, 'You know that the rulers of the Gentiles lord it over them, and their great ones exercise authority over them. It shall not be so among you. But whoever would be great among you must be your servant, and whoever would be first among you must be your slave, even as the Son of Man came not to be served but to serve, and to give his life as a ransom for many.'" (Matthew 20:25-28)*

Who will be great? What will happen to the person who tries to be first? Did Jesus come to be served? Did He deserve to be served? If Jesus, God's Son, was willing to serve, shouldn't we, God's creatures, be eager and willing to serve?

- *"Likewise, you who are younger, be subject to the elders. Clothe yourselves, all of you, with humility toward one another, for 'God opposes the proud but gives grace to the humble.' Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you."* (1 Peter 5:5-6)

Who are we supposed to submit to? What are we supposed to be clothed with? What does God do with the proud? What does He give the humble? So what should we do?

- *"...submitting to one another out of reverence for Christ."* (Ephesians 5:21)

What should our attitude be toward others? Why?

- *"Live in harmony with one another. Do not be haughty, but associate with the lowly. Never be conceited."* (Romans 12:16)

How should we live with each other? With whom should we associate?

## Who in the Bible was humble?

- **The tax collector.** Luke 18:9-14

What kind of people did Jesus tell this story to? What did the Pharisee say when he prayed? Was he humble? What did the tax collector say when he prayed? Was he humble? What happens to the person who exalts himself? What happens to the person who humbles himself?

- **The Roman centurion.** Matthew 8:5-13

What is a centurion? Who is he telling Jesus about? What does Jesus say He will do? Does the centurion want Jesus to come to his home? Why? What does Jesus say about the centurion's faith? What happened to the servant?

- **The woman who washed Jesus' feet.** Luke 7:36-50

Where was Jesus eating? Who came in with a flask of perfume? What did she do with it? Why do you think she was crying? What did the Pharisee think about this? What story did Jesus tell the Pharisee? Which person in Jesus' story would love the moneylender more? What had the woman done for Jesus that the Pharisee, his host, had not done for Him? What did Jesus do for the woman?

- **Jesus.**

John 13:1-17. What does verse 2 say Jesus knew about Himself? What did He do, even though He knew this? What did Jesus tell His disciples they should do, if He was willing to wash their feet? What should we do if Jesus was willing to die for us?

Philippians 2:5-11. What did Jesus do, even though He was God? How did He humble himself? What did God do after Jesus died on the cross? Who bows to Jesus now?

**Make others more important than yourself.**

What do others want or need? Serve them!

*"Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself."* (Philippians 2:3, NKJV)

Look for ways to put others first!

- Cheerfully put aside your own desires and activities when someone needs your help or attention.
- Give the other person the biggest piece of cake, the best seat, the first place in line.
- Be cheerful and helpful when your parents give you a job to do.
- Be kind to younger children who want to join you and your friends in an activity.
- Let the other person choose the next game to play, which half of the piece to eat, which book to look at.
- Don't grumble when things don't go your way. God is in control.
- Do the job no one else wants to do.
- Don't be angry or offended when someone corrects you.

**Learn to humble yourself.**

It's difficult to *practice* being humble, because as soon as you think about being humble, it's probably good evidence that you're likely to become proud. When we're truly humble, we're not thinking about ourselves at all. We won't be proud of being humble!

But we *can* choose, by God's grace, to humble ourselves. 1 Peter 5:6 says we should humble ourselves "under the mighty hand of God." The more we get to know God, the less we'll think about ourselves!

We can choose to make someone else more important than ourselves. We can choose to submit to those God has placed over us, and to be courteous to those He has placed under us.

- Study the attributes of God. What is God like? What does He do? How powerful is He? How much does He know? What are you like compared to Him?
- Read the accounts of Jesus' trial and crucifixion. Thank Him for humbling Himself to pay for your sins.
- Make a habit of looking for the strengths in others, and thank God for giving them those strengths.
- Stop yourself whenever you are about to boast about something you have accomplished ("Let another praise you, and not your own mouth..." Proverbs 27:2a), and remember that anything you have done, you have only been able to do because God has enabled you to do so.
- Stop and ask yourself, "What am I being proud about?" Is there anything you have or anything about you that hasn't come from God's hand? Why should you be proud of something that God in His grace gave you?
- Study the book of Proverbs and record what they say about the proud person and the humble person.
- Look for ways to serve someone else every day.
- When someone praises you, thank God for His grace at work in your life.

### **Sing songs!**

- "And Can It Be That I Should Gain" (CC, NH)
- "At the Name of Jesus" (V. Williams version, CC) (Crosbie version, NH, TH)
- "Lord, Like the Publican I Stand" (NH, TH)
- "O Lord in Whom I Do Abide" - Psalm 131 (CC)
- "When I Survey the Wondrous Cross" (CC, NH, TH)

### **Pray!**

- Pray that God will help you remember that all you are and all you have is a result of God's blessing, not the result of anything you could do by yourself.
- Pray that this knowledge will help you humble yourself before others.

- Pray for grace to cheerfully accept correction from others.
- Pray that God will help you become more and more like Jesus, laying down your desires for the good of others.

### **Give thanks!**

- Thank God for caring for you, blessing you, and giving His Son to die for you.
- Thank God for the trials and tests that He brings your way, remembering that He knows best and that He is helping you grow to be more like Jesus.
- Thank God for people who care enough to correct you. And thank the people who correct you for caring about you. Thank your parents and other family members for the many ways they have blessed you and helped you grow.
- Thank God for His Holy Spirit who will help you better understand your humble position before your holy and mighty God.