

YEAR OF GROWTH

HUMILITY WEEK 4

EXERCISE

How To Grow in Humility:

It is important to understand the meaning of humility and to see examples of this characteristic in Scripture. Yet, it is also important to do the work necessary to have and to develop a humble spirit. Our focus will be on passages that teach what one must do to have and to grow in humility.

Day One – Sunday

Reflect on the definitions of the words that God used to describe humility. Think back over the previous lessons. Read again the passages that you have written. Recall the verses you have memorized. Focus on the meaning of being humble and prepare to exercise in developing this characteristic.

Day Two – Monday

James 4:6-10

As Christians, we are commanded to humble ourselves before God. Thus, to develop humility we must actively work at being humble. This requires submitting to God and drawing closer to Him. It also demands that we resist the devil and cleanse our hands from sin. This proper view of God and sin will cause us to weep over our wrongdoings and to return to God in repentance. In turn, this will keep us humble.

Day Three – Tuesday

Psalm 34:1-8

The humble rejoice when God is praised. Often, even though we trust in God, we find ourselves feeling like we are alone in our dedication and service. When a humble servant of God sees others remaining faithful and doing the Lord's will, it provides courage, strength, and joy. Paying attention to the humility of others can strengthen our own. Likewise, our humility can be a source of encouragement for others.

Day Four – Wednesday**Isaiah 57:15**

God dwells in fellowship with those who are contrite and humble in spirit. To be contrite is to be bruised, crushed, or heartbroken over sin. To be humble is to acknowledge one's sins and the sorrow that they bring to a holy God. Thus, the humble will repent and strive to conquer sin by serving the Lord faithfully.

Day Five – Thursday**Jeremiah 44:9-11**

The humble learn from their mistakes and from the sins of others. They strive not to repeat their sins and to correct their errors. They fear God and live in obedience to His Word. The humble will find forgiveness, but the wicked will be cut off from the Lord.

Day Six – Friday**Lamentations 3:18-26**

The humble remember. They reflect upon their sins and sufferings. But they also remember the mercy and compassion of God. Thus, in their humility they find hope. It is good to patiently wait for God's timing, for it produces a humility that gives hope.

Day Seven – Saturday**1 Peter 5:5-9**

Humility is a characteristic that must be put on by each individual Christian. Much like our armor (Eph. 6), we must choose to adorn ourselves with humility. We do this by submitting to God and to one another. We do this by trusting God enough to cast our cares upon Him. We do this by acknowledging the attacks of Satan and diligently resisting them. We know our place and our need of God; thus, we remain humble as we depend upon Him.