

HUMILITY SHOULD BE IN OUR DNA

“Humility and honesty are really the same thing. A humble person is simply a brutally honest person about the whole truth. You and I came along a few years ago; we’re going to be gone in a few years. The only honest response to life is a humble one.” –Richard Rohr

HUMILITY

DESIRE	to become like Jesus in his willingness to choose the hidden way of love rather than the way of power.
DEFINITION	Humility is not thinking less of yourself but thinking of yourself less. Humble people let go of image management and self-promotion. They honor others by making the others’ needs as real and important as their own.
SCRIPTURE	<p>“Be especially careful when you are trying to be good so that you don’t make a performance out of it... Just do it –quietly and unobtrusively. That is the way your God who conceived you in love, working behind the scenes, helps you out.” (Matthew 6:1, 4 <i>The Message</i>)</p> <p>“My dear friends, don’t let public opinion influence how you live out our glorious, Christ-originated faith.” (James 2:1 <i>The Message</i>)</p> <p>“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.” (Colossians 3:12)</p> <p>“For this is what the high and lofty One says --... ‘I live in a high and holy place, but also with him who is contrite and lowly in spirit, to revive the spirit of the lowly</p>

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	and to revive the heart of the contrite.” (Isaiah 57:15)
PRACTICE INCLUDES	<ul style="list-style-type: none">• refraining from image management.• deliberately keeping silent about accomplishments and talents.• refusing the impulse to name-drop.• backing away from becoming the center of attention; drawing others out.• avoiding favoritism; honoring others as God does.• choosing downward mobility so others have more.
GOD GIVEN FRUIT	<ul style="list-style-type: none">• keeping company with Jesus so your identity rests with him alone.• having Jesus increase and you decrease• being liberated from the need for other’s approval• taking your identity from being God’s dearly loved child rather than from possessions.• being free from ostentation and pretense.• loving your neighbor as yourself; taking as much interest in others as in yourself and your opinions.• living an authentically grateful life• becoming like Jesus, “who made himself of no reputation.”¹
REFLECTION QUESTIONS	(1) Does humility appeal to you? (2) Think back over the past week. Did you name drop? Seek to build your image? To be the center of attention?

¹ Adele Ahlberg Calhoun, *Spiritual Disciplines Handbook*, Downers Grove, Illinois; Intervarsity Press, 2005, p. 190

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	<p>(3) What do you admire in humble people?</p> <p>(4) Do you tend to believe you've earned everything you have?</p>
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