

Developing the Jesus-based Quality of Humility

Humility: recognizing that everything that I have is a gift from God and everything that I accomplish is a result of His grace

Arrogance: thinking that the world revolves around me and I am the lead character in this whole show

Spiritual Disciplines: prayer of humility, personal worship, fasting

Jesus:

*Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. **Matthew 11:28-29***

*After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him. **John 13:5***

*And being found in appearance as a man, he humbled himself and became obedient to death - even death on a cross! **Philippians 2:8***

*Humble yourselves before the Lord, and he will lift you up. **James 4:10***

Arrogance:

*Pharaoh said, "Who is the LORD, that I should obey him and let Israel go? I do not know the LORD and I will not let Israel go." **Exodus 5:2***

*The Pharisee stood up and prayed about himself: 'God, I thank you that I am not like other men - robbers, evildoers, adulterers - or even like this tax collector. I fast twice a week and give a tenth of all I get.'
Luke 18:11*

*God opposes the proud but gives grace to the humble. **James 4:6***

Areas that require humility:

1. pursuing God
2. marriage
3. parenting
4. serving others
5. praise
6. unanswered prayer
7. in my "giftedness"
8. in winning/success
9. leading anything
10. giving

Areas of arrogance:

1. self-centeredness
2. Self-righteousness
3. independence
4. lying
5. pride
6. dishonesty
7. cheating
8. non-love
9. refusing to listen
10. entitlement

Developing the Jesus-based Quality of Self-Control

Self-Control: saying “no” to things that weaken my character

Self-Indulgence: the inability to say “no” to my insatiable desire for pleasure

Spiritual Disciplines: prayer of humility, personal worship, fasting

Jesus:

*He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, "Stretch out your hand." He stretched it out, and his hand was completely restored. **Mark 3:5***

*Then Jesus was led by the Spirit into the desert to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God. **Matthew 4:1-4***

*In the temple courts he found men selling cattle, sheep and doves, and others sitting at tables exchanging money. So he made a whip out of cords, and drove all from the temple area, both sheep and cattle; he scattered the coins of the money changers and overturned their tables. To those who sold doves he said, "Get these out of here! How dare you turn my Father's house into a market!" **John 2:14-16***

*Jesus said, "Father, forgive them, for they do not know what they are doing." **Luke 23:34***

Self-indulgence:

*"Then he said, 'This is what I'll do. I will tear down my barns and build bigger ones, and there I will store all my grain and my goods. And I'll say to myself, "You have plenty of good things laid up for many years. Take life easy; eat, drink and be merry." **Luke 12:18-19***

For, as I have often told you before and now say again even with tears, many live as enemies of the cross of Christ. Their destiny is destruction, their god is their stomach, and their glory is in their shame.

Philippians 3:18-19

Areas that require self-control:

1. pursuing God
2. marriage
3. parenting
4. all relationships
5. receiving praise
6. money
8. emotions
9. in frustration or pain
10. anger

Areas of self-indulgence:

1. food
2. materialism
3. lust
4. immorality
5. pride
6. boasting