

“THE LEADER’S HUMILITY”

On Tuesday, May 14, 2013 Rev. Doug Clay made the following statement in the ministry forum during District Council at Calvary’s Love AG. He said:

“Humility lessens stress in your life.”

Ever since hearing that statement, I’ve been pondering its truthfulness. I’ve been searching the scriptures and asking others as well:

“How does humility lessen stress in someone’s life?”

Following are some personal thoughts and responses from friends and spiritual leaders.

(Before we get started – hear with your heart)

1. *“Everyone that exalts himself shall be abased; and he that **humbles** himself shall be exalted.”* (Luke 18:14)
2. *“God resists the proud, but gives grace to the **humble**”.* (James 4:6, I Peter 5:15)
3. *“By **humility** and the fear of the Lord are riches, honor and life.”* (Proverbs 22:4)
4. *“**Humble** yourselves in the sight of the Lord and He shall lift you up.”* (James 4:10)
5. *“Pride ends in humiliation while **humility** brings honor.”* (Proverbs 29:23)
6. *“I will dwell with him that is of a **humble** and contrite spirit.”* (Isaiah 57:15)
7. *“The Lord is nigh unto them that are of a **humble** heart.”* (Psalm 34:18)
8. *“When pride cometh then cometh shame, but with the **lowly** is wisdom.”* (Proverbs 11:2)
9. *“Be clothed with **humility**.”* (I Peter 5:5)
10. *Whoever **humbles** himself will be exalted.”* (Matthew 23:12)

So what is Humility? It is...

1. An inward condition of heart that gives us a proper **view** of God, others and ourselves!
2. Recognizing my inability to accomplish anything for God apart from His **Grace!**
3. Not thinking less of yourself – but thinking of yourself **less!**
4. Being careful not to utter a word that impresses others with **my** own importance. (Prov. 27:2)

I love this definition:

“Humility is defined as an unassuming or moderate estimation of one’s abilities or achievements in relationship to one’s own importance...it is also an inner dependence on God.” (Rev Gregg T. Johnson, pg 86 in **“How the Mighty Have Fallen”**)

- *“Seek great things for yourself? Seek them not.”* (Jeremiah 45:5)
- *“A man can receive nothing except it be given him from heaven.”* (John 3:27)
- *“What do you have that God has not given you? And, if everything you have is from God, why boast as though it were not a gift?”* (I Corinthians 4:7)

(Let’s ask ourselves some questions)

1. Do I have any desire to impress other people?
2. Do I have any desire to prove my own importance?
3. Do I ever feel pain when my enemies are praised?
4. Do I justify (or cover) my own faults?
5. Do I desire any revenge on those who have offended me?
6. Do I need to be “thanked” for my service?
7. Do I find it difficult to do the “little things”?
8. Do I allow God and others to speak in to my life?
9. Can I admit that I don’t have all the answers?
10. Am I passionate about growing beyond previous boundaries?
11. Can I submit to authority God has placed in my life?
12. Can I support the team when I don’t get my own way?
13. Do I need attention to feel good about myself?

(Remember)

“Pride is the greatest enemy and humility our greatest friend.” (John Stott)

I Love These Truths

- *“Pride gets no pleasure out of having something, only out of having more of it than the next man...It is the comparison that makes you proud: the pleasure of being above the rest. Once the element of competition is gone, pride is gone.”* C.S. Lewis, *Mere Christianity*
- *“Christian humility is first of all a matter of supernatural common sense. It teaches us to take ourselves as we are, instead of pretending (as pride would have us imagine) that we are something better than we are. Pride makes us artificial, and humility makes us real.”* (Thomas Merton, in *Seeds*)
- *“Remember that true firmness is gentle, humble and calm. A sharp tongue, a proud heart and an iron hand have no place in God’s work.”* (Francois Fenelon)
- *“The greatest liberty in life is having nothing to prove and no one to impress.”* (Joyce Meyer)
- *“Selfish ambition walks on two legs; envy and pride. Whenever we covet the position God has assigned to another, we are attracting the Lord’s anger to ourselves.”* (Francis Frangipane)
- *“Stay low to the ground and you won’t have far to fall.”* (Pastor Ed Antin, Niagara Falls, NY)
- *“When humility delivers a man from attachment to his own works and his own reputation, he discovers that perfect joy is possible only when we have completely forgotten ourselves. Only when we pay no more attention to our own reputation, are we completely free to serve God for His own sake alone.”* (Thomas Merton)
- *“By the grace of God we can strike a blow against pride and increasingly experience the joy of a meek and humble life.”* (Richard J. Foster)
- *“Humility is honestly assessing ourselves in light of God’s holiness and our sinfulness.”* (C.J. Mahaney)

- “A humble person is so centered in Jesus, so much at peace and at home in Christ and his love and acceptance, that neither people nor circumstances take him on a roller coaster ride.” (Dave Kraft)

The “Two” Sides of Pride

1. The Pride of “**Superiority**” (Which is)
 - ◆ Putting your nose up in arrogance (an inflated view of yourself in comparison to others).
 - ◆ It thinks...”I’m better than you”
...”I’m more qualified than you.”
...”I’m more important than you.”
2. The Pride of “**Inferiority**” (Which is)
 - ◆ The feeling of being observed yet not approved (a deflating view of yourself in comparison to others)
 - ◆ It thinks...”I’m no good, I’m not good enough, I’m nobody.”

Question: Why are both sides born out of pride?

Answer: Because both are obsessed with how “I” am perceived by other people.

And

- ◆ When you’re focused on yourself, you can’t be focused on anything (or anyone) else!
- ◆ So pride really does destroy from the inside out because it takes our focus off of Jesus who is our joy, peace and satisfier of the law!

“Pride is ruthless and sleepless.” (C.S. Lewis)

“Pride is the source of many sins.” (Augustine)

“Pride is the only sin that hides itself.” (Pastor Dan Williams)

(So back to the question)

“How does humility lessen stress in your life?”

1. Humility will allow you to ask for **help** (because you never reach the place of knowing it all!)
2. Humility will allow you to build a **team** and value the gifting and strengths of those around you!
3. Humility will free you to accept the way God has gifted you (and have no need to compete or **compare** with someone else!)
4. Humility frees you from the stress of seeking **approval** from other people! (And having to prove yourself)
5. Humility allows people to **trust** me in counseling (that I will not betray their confidence).

6. Humility finds it's **validation** vertically (in Jesus) so you don't have to shop for it horizontally (in people)!
7. Humility delivers you from self-display and the **desire** of seeking preferential treatment.

(How does humility lessen stress?)

8. Humility protects you from **manipulating** others to obtain the outcomes you are after!
9. Humility spares you much pain because you can receive **correction** and instruction!
10. Humility promotes **health** because you can serve God without self-pity and feeling cheated!
11. Humility results in a **calm** spirit that spares you from impulsive activity!
12. Humility allows you to fear the Lord so you can say "no" without feeling **guilty!**
13. Humility keeps you from being **detoured** by the narcissism and egotism of others!
14. Humility keeps you **balanced** after someone expresses their disapproval of you!

(How does humility lessen stress?)

15. Humility allows you to **forgive** after being wounded, offended or betrayed!
16. Humility frees you from carrying **secret** sin that needs to be confessed and repented of!
17. Humility overcomes the **fear** of getting close to those who could hurt you!
18. Humility overcomes self-consciousness which is the feeling of being observed yet not **approved!**
19. Humility protects you from **blaming** others for your own unhappiness!
20. Humility can **rejoice** (instead of envy) the success of those around you!
21. Humility builds **bridges** (instead of walls) with those you do life with!

(How does humility lessen stress?)

22. Humility crucifies the desire to seek **credit** for what God and others have done!
23. Humility allows you to answer your critics with your **life** instead of your words (and chasing rumors!)
24. Humility leaves you still feeling okay when you do not meet everyone else's **expectations.**
25. Humility allows you to serve people with kindness instead of feeling **entitled** to special privileges.

26. Humility allows me to let others make **mistakes** (as well as take the risk to confront in love when necessary).
27. Humility helps me see the **truth** about myself.
28. Humility helps me from becoming cynical, grumbling, murmuring, fault-finding and complaining which drains my **energy**.
29. Humility will allow me to clean the church bathroom without passive aggressive behavior toward the person who **promised** to do it.
30. Humility helps me not to say “I told you so” when someone realizes they were **wrong** about something.

(So basically humility...)

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|----------------------------|--------------------------|
| ◆ Saves you time! | ◆ Purifies your motives! |
| ◆ Conserves your energy! | ◆ Welcomes new ideas! |
| ◆ Promotes your health! | ◆ Increases your wisdom! |
| ◆ Leaves you content! | ◆ Attracts God’s favor! |
| ◆ Protects your integrity! | ◆ Reflects God’s glory! |

Remember:

- ◆ Humility will allow you to serve God with a sober and deep concern over your inward spiritual **condition** (instead of the **image** you are projecting).

(So let’s keep growing)

“Seeking help from those who have gone before you is a sign of strength, not weakness. If you draw on the experience of others, you will, at the least, avoid some potholes along the way – and it just might keep you from driving off a cliff.” (George O. Wood)

“Always accept criticism but never accept judgment.” (James Richards)

“A person who graduates today and stops learning tomorrow is uneducated the day after.” (William Cunningham)

“He who will never use the thoughts of other men’s brains proves that he has no brains.” (Charles H. Spurgeon)

“Hurry is not about a disordered schedule, it is about a disordered heart.” (John Ortberg)

“When I practice image management I am headed toward an implosion.” (Lance Witt)

“Christ does not exist to make much of us. We exist in order to enjoy making much of Him.” (John Piper)

NUF SED!
Bill Kirk

SELF AWARE (VS.) SELF CENTERED

(By Robert Reeves)

SELF AWARE

(vs)

SELF CENTERED

- 1. Seeks truth.....Needs to be right**
- 2. Learns from others.....Compares with others**
- 3. Willing to look foolish.....Unwilling to look foolish**
- 4. Focuses on the present.....Lives in the past or the future**
- 5. Willing to sacrifice.....Needs gratification**
- 6. Aims to control self.....Aims to control others**
- 7. Desires to grow.....Desires to be validated**

“Humility lessens stress in your life.” (Rev Doug Clay)