

INGREDIENTS FOR HEALTHY RELATIONSHIPS: HUMILITY

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"Humility is the oil that relationships run on." – Craig Groeschel

Pride: an attitude of self-sufficiency, self-importance, and self-exaltation!

"According to Christian teachers, the essential vice, the utmost evil, is pride. Unchastity, anger, greed, drunkenness, and all that, are mere flea bites in comparison: it was through pride that the devil became the devil: Pride leads to every other vice: it is the complete anti-God state of mind..... it is pride which has been the chief cause of misery in every nation and every family since the world began." – C.S. Lewis

Proverbs 11:2 (NLT)

Pride leads to disgrace, but with humility comes wisdom.

Proverbs 18:12 (NLT)

Haughtiness goes before destruction; humility precedes honor.

Proverbs 16:5 (NIV)

The LORD detests all the proud of heart. Be sure of this: They will not go unpunished.

Proverbs 16:18 (NLT)

Pride goes before destruction, and haughtiness before a fall.
(MSG: First pride and then the crash...)

James 4:4–6 (NLT)

You adulterers! Don't you realize that friendship with the world makes you an enemy of God? I say it again: If you want to be a friend of the world, you make yourself an enemy of God. ⁵ Do you think the Scriptures have no meaning? They say that God is passionate that the spirit he has placed within us should be faithful to him. ⁶ And he gives grace generously. As the Scriptures say, "God opposes the proud but gives grace to the humble."

Isaiah 14:13–15 (NIV)

You said in your heart, "I will ascend to the heavens; I will raise my throne above the stars of God; I will sit enthroned on the mount of assembly, on the utmost heights of Mount Zaphon. ¹⁴ I will ascend above the tops of the clouds; I will make myself like the Most High." ¹⁵ But you are brought down to the realm of the dead, to the depths of the pit.

PRIDE BRINGS OPPOSITION – HUMILITY BRINGS HELP!

The expression of God on earth is humility

John 6:38 (NLT)

For I have come down from heaven to do the will of God who sent me, not to do my own will.

John 5:19 (NLT)

So Jesus explained, "I tell you the truth, the Son can do nothing by himself. He does only what he sees the Father doing. Whatever the Father does, the Son also does.

Humility brings help because we are acknowledging how lost we are without God!

HUMILITY IS LIVING A LIFE OF ABSOLUTE SUBMISSION AND COMPLETE DEPENDANCE ON GOD!

When we are humble before God we are empowered to be humble before other people as well.

Mark 10:43–45 (NLT)

But among you it will be different. Whoever wants to be a leader among you must be your servant,⁴⁴ and whoever wants to be first among you must be the slave of everyone else.⁴⁵ For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many."

5 questions to identify pride:**1. Are you anxious?****Matthew 11:28–30 (NLT)**

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.²⁹ Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.³⁰ For my yoke is easy to bear, and the burden I give you is light."

Humility makes Jesus the center of our motives and that brings peace and blessing in our relationships!

2. Do you take everything personally?**1 Peter 2:23 (NLT)**

He did not retaliate when he was insulted, nor threaten revenge when he suffered. He left his case in the hands of God, who always judges fairly.

Humility means we leave our case in the hands of God

3. Are you critical of others?**1 Thessalonians 5:11 (NLT)**

So encourage each other and build each other up, just as you are already doing.

THE LANGUAGE OF ARROGENCE IS COMPLAINING AND CRITISIZING
THE LANGUAGE OF HUMILITY IS GRATITUDE AND ENCOURAGEMENT

Humility means showing gratitude and encouragement

4. Do you always think the other person needs to apologize or change?

Pride blinds us to our own weakness and magnifies the weaknesses of others

Matthew 7:1–5 (NLT)

“Do not judge others, and you will not be judged. ² For you will be treated as you treat others. The standard you use in judging is the standard by which you will be judged. ³ “And why worry about a speck in your friend’s eye when you have a log in your own? ⁴ How can you think of saying to your friend, ‘Let me help you get rid of that speck in your eye,’ when you can’t see past the log in your own eye? ⁵ Hypocrite! First get rid of the log in your own eye; then you will see well enough to deal with the speck in your friend’s eye.

“If my sinfulness appears to me to be in any way smaller or less detestable in comparison with the sins of others, I am still not recognizing my sinfulness at all.” – Dietrich Bonhoeffer

Humility extends grace

5. Do you act like your thoughts and feelings are always the most reasonable and your desires are the most important?

"Humility enables us to forget ourselves and turn outward in love. It liberates us from self-absorption and opens up space for greater communion with God and others. – C.S. Lewis

Philippians 2:3–8 (NLT)

Don’t be selfish; don’t try to impress others. Be humble, thinking of others as better than yourselves. ⁴ Don’t look out only for your own interests, but take an interest in others, too. ⁵ You must have the same attitude that Christ Jesus had. ⁶ Though he was God, he did not think of equality with God as something to cling to. ⁷ Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human form, ⁸ he humbled himself in obedience to God and died a criminal’s death on a cross.

Humility means valuing others above ourselves