

Week 28 July 11-17
Let Us Be Ever So Humble...

The title of the article caught my eye: “How to Become More Humble: Three easy steps to cultivate humility in your own life.”

Did I need to read about how to improve my humility quotient? Am I humble?

Merriam-Webster defines this trait as: not proud or haughty; not arrogant or assertive.

Well...I AM proud of meeting my 10K-a-day step goal for six consecutive weeks, and I DO assert myself sometimes in staff meetings – or, God forbid, in Sunday school.

Speaking of which, our Wayfarers Class studied Micah this summer, and I learned in 6:8 that I should to do what is right, love mercy, and walk *humbly* with my God.

Wait. Who am I, a frail and vulnerable human, to walk anywhere near the omnipotent, omniscient and eternal Creator of the universe? That’s precisely the point. We need to put aside our weakness, pride, and vulnerability and bask in the presence of our God.

According to the eye-catching *Psychology Today* article, we need humility now more than ever. With increasing divisiveness in politics and close-mindedness in culture, humility stands in stark contrast, offering a way to engage ourselves and others with honesty and straightforwardness. The ability to present our ideas and views modestly, share praise and blame, and consider the needs of others, has been shown to increase happiness, strengthen relationships, and achieve professional success.

So, what are the three steps?

- Be aware. This entails an accurate self-examination of one's strengths and weakness.
- Remain open. This is the ability to accept feedback and criticism – without being defensive – while presenting one’s own views respectfully.
- Show empathy. Be able to assume someone else's perspective and demonstrate genuine concern for the well-being of another person.

There’s a reason humility is referenced 100 times in the Bible. No more important virtue, but certainly anything but easy to cultivate.

Anna B. Billingsley

Scripture:

1 Peter 5:6

Philippians 2:3-11

Matthew 23:12

2 Chronicles 7:14

1 Peter 5:5

Proverbs 16:18

Deuteronomy 8:2

