Humble and happy

**Experience humility and the happiness that comes with it**

**Monday**

Read Philippians 1:18, 2:17, 3:1, 4:1, 4:10, 2:1-11

* *Philippians explains that the result of humility is joy. You could say the humility is a seed of joy. Mediate on Jesus’ example of humility.*

**Tuesday**

Read Micah 6:8, James 3:14-16

* *Journalize your selfish traits. What humiliating circumstances have drawn out your selfishness so that it can be dealt with?*

**Wednesday**

Read Deuteronomy 8

* *As you read this chapter, talk to God about the ways He has humbled you in your life. What have you learned?*

**Thursday**

Read Numbers 12

* *When you read this story, what are the implied promises for someone who stays humble?*

**Friday**

Read Isaiah 61

* *When you humble yourself, God starts using you in amazing ways. Journalize the things you see in this chapter that you would like to do for God.*

Humble and Happy

Philippians 1:18 And because of this I rejoice. Yes, and I will continue to rejoice,

20 I eagerly expect and hope that I will in no way be ashamed

2:17 But even if I am being poured out like a drink offering on the sacrifice and service coming from your faith, I am glad and rejoice with all of you.

3:1 Further, my brothers and sisters, rejoice in the Lord! It is no trouble for me to write the same things to you again, and it is a safeguard for you.

4:1 Rejoice in the Lord always. I will say it again: Rejoice!

4:10 I rejoiced greatly in the Lord that at last you renewed your concern for me.

What was the secret to Paul’s joy and happiness? We find that it was Paul’s driving theme of Philippians:

selfless humility = godly unity and personal joy and godly unity

Humble people are joyful people

Humility = Happiness

Philippians 2:3 Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves,

James 3:14 But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth.15 Such “wisdom” does not come down from heaven but is earthly, unspiritual, demonic. 16 For where you have envy and selfish ambition, there you find disorder and every evil practice.

EXB When you do things, do not let ·selfishness [rivalry; selfish ambition] or pride be your guide. Instead, be humble and give more ·honor [regard; value] to others than to yourselves.

*Find the incredible unique value in other people and admire it, be in awe of it! These are divine deposits from God into His creation.*

There is no limit to what a man can do so long as he does not care straw who gets the credit for it.

[Charles Edward Montague](https://www.brainyquote.com/authors/charles-edward-montague-quotes)

4 not looking to your own interests but each of you to the interests of the others.

Who needs to start the virtuous cycle of humility??? YOU DO

People always worry that if they humble themselves, especially in an already strenuous situation, that they will be taken advantage of.

Humility starts with me today. I am going to stop waiting for others to take the first step and responsibility for my own humility and leave the results to God!

Self-forgetfulness

‘The essence of gospel-humility is not thinking more of myself or thinking less of myself, it is thinking of myself less “

The freedom of self-forgetfulness-Tim Keller

A humble person can’t be humiliated

You don’t need honor, recognition, excessive attention, to be right all the time, to have your way, or to always be running the show and be in control

Micah 6:8 He has shown you, O mortal, what is good.

    And what does the Lord require of you?

To act justly and to love mercy

   and to walk humbly with your God.

5 In your relationships with one another, have the same mindset as Christ Jesus:

Humility ALWAYS has to do with your relationships with each other.

6 Who, being in very nature of God,

did not consider equality with God something to be used to his own advantage;

Everything Jesus did, He did without taking advantage of His divinity. He simply used his faith connection to His Father to demonstrate how you and I can and should live our lives.  This included His humble servant’s heart.

Humility requires a faith connection with God. You can’t do it on your own.

7 rather, he made himself nothing

by taking the very nature of a servant,

Jesus took on the form of a servant. What do servants do? They serve. From serve comes the word service. From service comes the term customer service. Customer service is what generates income. Company’s that don’t serve, go bankrupt.

I love the concept of service. Service is being willing to do what no one else is willing to do. Serving is also doing what no one else can do. I want my kids to understand that because this understanding of service equates to success!  Did you hear that ??? Serving equals success. I works in friendships, in parenting, in marriage, in church, in business, …it WORKS!

Serving indelible memories

Verizon

Auto parts

A lack of service created unforgettable memories as well:

8 And being found in appearance as a man,

    he humbled himself

    by becoming obedient to death—

        even death on a cross!

Jesus was probably the only man ever to actually be able to humble Himself.

I don’t know that we can actually humble ourselves. We must cooperate with humiliating situations in order to humble ourselves.

“The Lord sends poverty and wealth; he humbles and he exalts.”

1 Samuel 2:7 NIV

“Remember how the Lord your God led you all the way in the wilderness these forty years, to humble and test you in order to know what was in your heart, whether or not you would keep his commands.”

Deuteronomy 8:2 NIV

To be led and not know where you are going is a humbling experience.

A humble person has a transparent heart and does not keep their guard up.

Open our heart to God, be humbly transparent before Him

There is something better than obeying God’s direction: to keep and hold onto what He tells you (I have hidden your word in my heart that I might not sin against you). If you hold onto what God gives you, He will give you more

“He gave you manna to eat in the wilderness, something your ancestors had never known, to humble and test you so that in the end it might go well with you.”

Deuteronomy 8:16 NIV

When every day you have just enough but not enough for tomorrow, this humbles us and makes us dependent on God. This situation ultimately gives us a good end.

Only humility can get us to a place of trusting God.

“You save the humble, but your eyes are on the haughty to bring them low.”

2 Samuel 22:28 NIV

Salvation is only for the humble. That is why humility is so vital.

“Your beginnings will seem humble, so prosperous will your future be.”

Job 8:7 NIV

Does this mean when you are prosperous, you can quit being humble? No. Humility is a life long place to stay.

9 Therefore God exalted him to the highest place

    and gave him the name that is above every name,

10 that at the name of Jesus every knee should bow,

    in heaven and on earth and under the earth,

11 and every tongue acknowledge that Jesus Christ is Lord,

    to the glory of God the Father.

“if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.”

2 Chronicles 7:14 NIV

Can I be God’s people and not be humble? Clearly, yes.

If I have a hard time praying, or little interest in seeking God or a hard time turning from wicked addictive ways, I need to learn the mystery of humility.  Humility makes prayer flow easily. Humility makes seeking God desirable. Humility frees me from me.

Have you ever been in a situation or around someone who makes you feel like you are in trouble? There is nothing worse than feeling like you are in trouble…this feeling of heaviness. Ominous, dread. Surprisingly, the way to beat this is through humility. When I lost my position, God told me to be humble and serve and that is what I did. The shadow of trouble that was cast over me had no power. I would be joyful, peaceful and very productive in that situation.

Isaiah 61:3 Bestow on me a garment of praise instead a spirit of despair or a spirit of heaviness.

That sense of trouble is a spirit of heaviness, but when we shed that heaviness and praise God in humility, an unbelievable freedom will come over you.

Deuteronomy 28:7 The Lord will grant that the enemies who rise up against you will be defeated before you. They will come at you from one direction but flee from you in seven.

That is what enemies do…they rise up (seeming much higher and positionally stronger, looking down at you) against you…therefore, they will be defeated before you (in front of your eyes).

God opposes the proud but shows favor (grace) to the humble.””

James 4:6 NIV

If I will be humble and serve, God will show me His grace!

“(Now Moses was a very humble man, more humble than anyone else on the face of the earth.)”

Numbers 12:3 NIV

God always spoke to Moses, defended Moses and protected Moses