

Week 29 'Humility'

'Humility is not thinking less of yourself; it's thinking of yourself less.'

Rick Warren

As humans, **humility** is not usually our default position, but it is essential if we are to live the kind of lives that God requires, and it is possible by following the example of Jesus and through the power of the Holy Spirit working within us.

We live in a world where some people say: “**look at me, look at me**”, chasing after fame and wanting to be noticed. Yet the real heroes (as we have seen over the last few weeks) are the **everyday people who care and think of others first**. Being humble means having a realistic picture of ourselves and seeks to build others up, rather than looking for fame or recognition.

Bible Verse of the week

Philippians 2:5-11

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

⁶ who, being in very nature^[a] God,
did not consider equality with God something to be used to his own advantage;

⁷ rather, he made himself nothing
by taking the very nature^[b] of a servant,
being made in human likeness.

⁸ And being found in appearance as a man,
he humbled himself
by becoming obedient to death –
even death on a cross!

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.

KEY QUOTE OF THE WEEK: “There is no limit to the amount of good you can do if you don’t mind who gets the credit.” Former US President, Ronald Reagan

Is there anything you could do to put Reagan’s thoughts into practice in your own life? Where could you do some good for others that nobody else will ever know about?

So, lets watch a clip about the Brownlee Brothers.

<https://www.youtube.com/watch?v=liCRrheKIOI>

What might this image suggest to you? – it speaks of an incredible moment in triathlon history, when one Brownlee brother helped the other to finish the race, giving up the chance to win for himself, even pushing his brother over for him to get the second place instead of third.



We looked at humility this week.

If we have humility, we look for the good in others rather than showing off how brilliant we are. **How might you build others up and not put others down this week?**

- **Think of a creative way to put your humility into practice by serving others in your community at this time:** e.g., write thank you cards to send to your local NHS staff in hospitals and GP surgeries; contact

local charities that work with elderly people and ask what you could do to support their work.

- You might also like to say a prayer to God, asking you to help with this.

Prayer to end with

The Serenity prayer has been used in a variety of forms over the years. It promotes humility before God. Use it today:

“God, give me grace to accept the things I cannot change, Courage to change the things that I need to change, And the wisdom to know the difference.”

Music

LISTEN: ‘Majesty’, by the band Delirious -

<https://www.youtube.com/watch?v=pnGivhxS4v4>