

# Weekly Reflections on *Humility*

February 2020

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# Humility

## Week One

### **Centering Prayer:**

Find a quiet place and center your heart upon God by silently saying, “Form in me,” as you breathe in, and “a humble heart” as you breathe out. Do this for a minute or two until you feel calmed and centered.

### **Prayer of Humility:**

Holy God, I can be so proud in my life that I slowly lose touch with you. My pride takes so many subtle and insidious forms, and each time pride captures my heart, it pulls me away from you. I tend to think that I know what is best. Or I tend to believe that my life is the life all others should revolve around. Or I try to take responsibility for too much, blaming myself when things don’t work out or blaming others for not following my ways. There are so many ways that my pride leads me down the wrong path. Help me to let go of my pride so that I can walk down the humble path with you. Help me to be your servant in all that I do.

*Take time for silent prayer and reflection on your struggles with being more humble, and give to God those impediments that stand in the way.*

*Continue in prayer:* Thank you God for patiently listening to me, and help me to receive your guidance as it comes in the voice of the Holy Spirit and my heart. Help me to listen in faith.

### **Scripture Reading and Reflection:**

*Read Psalm 51. Using your journal, reflect on the following questions:*

- *What is the connection between confession and humility?*
- *How has making a confession in the past also made you more humble?*
- *What should the role of confession be in your spiritual life?*

### **Closing Prayer:**

Take time to offer prayers for yourself, others, the church, the world. Also, take time to thank God for all that God has done for you.

# Humility

## Week Two

### **Centering Prayer:**

Find a quiet place and center your heart upon God by silently saying, “Help me reach out,” as you breathe in, and “with humble hands” as you breathe out. Do this for a minute or two until you feel calmed and centered.

### **Prayer of Humility:**

O holy God of love and grace, through Christ you showed us the humble path, the path you walked yourself. This is the path that leads us to empty ourselves of all else for you; to be servants of rather than masters; to bear our own crosses rather than place others on the crosses of our judgement; and to exalt you rather than ourselves. We have such a hard time with all of these because we are so focused on ourselves instead of on you. Help me to be your humble servant, seeking your way in everything.

*Take time for silent prayer and reflection on your struggles with being more humble, and give to God those impediments that stand in the way*

*Continue in prayer:* Thank you God for patiently listening to me, and help me to receive your guidance as it comes in the voice of the Holy Spirit and my heart. Help me to listen in faith.

### **Scripture Reading and Reflection:**

*Read Philippians 2: 1-11. Using your journal, reflect on the following questions:*

- *How was Jesus’ life a humble life? What were his acts of humility?*
- *What does Paul say about what it means to be like Christ – to be humble?*
- *How can you imitate Christ and be more humble in a practical way?*

### **Closing Prayer:**

Take time to offer prayers for yourself, others, the church, the world. Also, take time to thank God for all that God has done for you.

# Humility

## Week Three

### **Centering Prayer:**

Find a quiet place and center your heart upon God by silently saying, “Help me form,” as you breathe in, and “a humble heart” as you breathe out. Do this for a minute or two until you feel calmed and centered.

### **Prayer of Humility:**

O Holy Lord, in scripture we have learned that you oppose the proud and give grace to the humble, yet I keep trying to obtain your grace through acts of pride. I keep thinking that if I work harder, learn more, do more, and strive for more that I will become complete. The reality is that your path is the way of giving up, letting go, and letting you work your will in me. Help me to have the humility of heart and poverty of the spirit to let your grace work in me.

*Take time for silent prayer and reflection on your struggles with being more humble, and give to God those impediments that stand in the way*

*Continue in prayer:* Thank you God for patiently listening to me, and help me to receive your guidance as it comes in the voice of the Holy Spirit and my heart. Help me to listen in faith.

### **Scripture Reading and Reflection:**

*Read James 4: 6-10. Using your journal, reflect on the following questions:*

- *What does this passage say about the nature of being humble?*
- *What gets in the way of your being more humble?*
- *What can you do to become more humble in your life?*

### **Closing Prayer:**

Take time to offer prayers for yourself, others, the church, the world. Also, take time to thank God for all that God has done for you.

# Humility

## Week Four

### **Centering Prayer:**

Find a quiet place and center your heart upon God by silently saying, “Humble my heart,” as you breathe in, and “and fill it with Your love” as you breathe out. Do this for a minute or two until you feel calmed and centered.

### **Prayer of Humility:**

Gracious God, I struggle so much to be your humble servant. I want so much to follow you and live in your way, but I increasingly turn to my own ways. Instead of humbling myself before you in confident trust, I let my anxieties lead me to do things that lack your wisdom and grace. Instead of humbly disciplining my life so that I can live the life you call me to live, I let my passions, confusion, and fears lead me to live a chaotic life. Help me to live a life of humble trust that allows me to be open to you and your will not matter what may happen to me.

*Take time for silent prayer and reflection on your struggles with being more humble, and give to God those impediments that stand in the way*

*Continue in prayer: Thank you God for patiently listening to me, and help me to receive your guidance as it comes in the voice of the Holy Spirit and my heart. Help me to listen in faith.*

### **Scripture Reading and Reflection:**

*Read I Peter 5: 1-11. Using your journal reflect on the following questions:*

- *How do we clothe ourselves with humility in our dealings with one another?*
- *How do we humble ourselves under the mighty hand of God?*
- *What is the connection between humility and suffering?*
- *What does this passage say to us about how we can be more humble?*

### **Closing Prayer:**

Take time to offer prayers for yourself, others, the church, the world. Also, take time to thank God for all that God has done for you.