

Timmy's Top Humility Tips & Tricks

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- I. What are tips and tricks?
- II. Am I qualified to talk about humility?
- III. What is your picture of humility (besides Jesus)?
 - A. My quest to find an image
 1. People kneeling
 2. People praying
 3. Hands outstretched
 4. Lovely nature scenes
 5. Kitten
 - B. A person that has very little
 - C. An elderly person
 - D. A person that is kind
- IV. We know Jesus was humble
 - A. What is your picture of Jesus as humble?
 1. He was humble when He had compassion on the sick.
 2. He was humble when He fed 5,000.
 3. He was humble before Pilate.
 - B. Was He humble when . . .
 1. He overturned the money tables and whipped the money changers?
 2. He was angry when he healed the man on the Sabbath?
 3. He derided the Pharisees for their hypocrisy?
- V. God Is Humble!
 - A. He humbles Himself every time He extends mercy to someone.
 - B. This attitude has nothing to do with one's greatness, importance, or how much one owns.
 - C. God has a sound and balanced estimation of Himself.
- VI. What's our baseline: What is humility?
 - A. Dictionary:
 1. Marked by meekness or modesty in behavior, attitude, or spirit; not arrogant or prideful.
 2. Showing deferential or submissive respect: e.g., a humble apology.
 3. Low in rank, quality, or station; unpretentious or lowly: e.g., a humble cottage.
 - B. Scripture: to lower, depress
 1. of one's soul; bring down one's pride
 2. to have a modest opinion of one's self
 3. to behave in an unassuming manner
 4. devoid of all haughtiness
 - C. So, therefore, it is a behavior, an attitude, a way of life.

- VII. OK, here come some tips. From these things, we can deduce:
- A. Humility may have nothing to do with how much we own, but poorer people tend to be more humble.
 1. However, being poor does not mean we are necessarily humble.
 2. Poorer people tend to understand hardship and often have endured much.
 - B. A quiet person is not necessarily a humble person.
 - C. Although it takes humility to become a Christian, because I'm a Christian doesn't mean I'm automatically humble.
 - D. A person that apparently is "used by God" is not necessarily a humble person.
 1. Being used by God is not necessarily God's stamp of approval or guarantee.
 - E. It is possible to be angry or have other emotions and still be humble.
 - F. One cannot be a proud person and a humble person at the same time.
 1. However, one can be working on humility and eliminating pride at the same time.
- VIII. What is my estimation of myself?
- A. Can I measure my humility? Yes, with help.
 - B. Unskilled and Unaware of It: How Difficulties in Recognizing One's Own Incompetence Lead to Inflated Self-Assessments
 1. Written by Justin Kruger and David Dunning, Department of Psychology at Cornell University
 2. Abstract—People tend to hold overly favorable views of their abilities in many social and intellectual domains. The authors suggest that this overestimation occurs, in part, because people who are unskilled in these domains suffer a dual burden: Not only do these people reach erroneous conclusions and make unfortunate choices, but their incompetence robs them of the metacognitive ability to realize it. Across 4 studies, the authors found that participants scoring in the bottom quartile on tests of humor, grammar, and logic grossly overestimated their test performance and ability. Although their test scores put them in the 12th percentile, they estimated themselves to be in the 62nd. Several analyses linked this miscalibration to deficits in metacognitive skill or the [in the] capacity to distinguish accuracy from error. Paradoxically, improving the skills of participants, and thus increasing their metacognitive competence, helped them recognize the limitations of their abilities.
 3. This applies spiritually: if we are not experienced at humbling ourselves then we can tend to have a higher estimation of ourselves.
 4. This is why we need the Holy Spirit to help us see what we cannot see.
 - C. A secret that isn't a secret: God resists the proud and humbles them.
 - D. Humility is the normal and healthy state of life of a Christian—of a human. It's how we were meant to be.
 - E. Although the condition of humility expresses itself in external actions, it is an internal condition.
- IX. How to become humble
- A. Humility is something we do, not something bestowed.
 1. 1 Peter 5:6 and James 5:10 both refer to humbling ourselves before God with a result of Him lifting us up or exalting us.
 2. Mathematician Blaise Pascal—Jesus is the God Whom we can approach without pride and before Whom we can humble ourselves without despair.
 3. Colossians 3:12—God loves you and has chosen you as his own special people. So be gentle, kind, humble, meek, and patient.
 - B. Pray for humility—unfortunately, humility does not come naturally to us.
 1. Somehow we think that if we pray for humility we will end up like King Nebuchanezzar.
 - a) Why does hardship come into our lives?
 - b) C.S. Lewis—The real problem is not why some pious, humble, believing people suffer, but why some do not.

- c) God uses hardship to test us and perfect His work.
- d) We can let hardship make us bitter or we can use it to grow.
- 2. Thinking of ourselves as “worms” does not mean we are humble nor does it make us humble.
- 3. Don’t pray for humility to in order to get something other than humility.
 - a) What does “He will exalt you” mean in the verse by Peter?
 - i. The context of this scripture is relationships and submitting to each other.
- 4. Developing humility is a daily process of making intelligent decisions. God shows us how to do that.
 - a) Unknown—By seeing the seed of failure in every success, we remain humble. By seeing the seed of success in every failure we remain hopeful.
 - b) Don’t give up!
- C. Concentrate on Who is in control
 - 1. Make worship and praise a daily routine.
- D. Fellowship often with other Christians
 - 1. There is no substitute for being together.
 - 2. Proverbs 27:17 - Iron sharpens iron; so a man sharpens the countenance of his friend.
 - 3. If we are open and honest with each other, we will help each other to be humble.
- E. Practice humility
 - 1. Give credit where credit is due.
 - 2. Say thank you.
 - 3. Do your mental gymnastics—have attitude workouts.
 - 4. If you disagree with someone, do it with grace.
 - 5. Apologize.
 - 6. Listen.
- X. Philippians 2:8—The greatest picture of all!