

# CROSS TRAINING MINISTRIES

## The Anatomy of True Humility

**Why You Need to Pay Attention** – you cannot pursue intentionally what you do not understand clearly – you will resist the work of the Spirit to the extent that you do not understand what true godliness is

### Correcting Misconceptions

Humility is a purebred Christian virtue

*NOT NATURAL*

Humility is not an emotion – child of mind and will

*SELF-AWARENESS*

‘Humility does not consist in having a worse opinion of ourselves than we deserve, or in abasing ourselves lower than we really are; but as all virtue is founded in truth, so humility is founded in a true and just sense of our weakness, misery, and sin’ (William Law).

Humility is not the greatest virtue, but it is the first virtue

*HUMBLE AND CONTRITE HEART*

Without humility, no grace; no growth; no entrance (Matt. 18:3)

The opposite of humility is vanity, pride, hypocrisy, bitter humiliation, narcissism – *THINK OF MYSELF LESS OFTEN*

‘But if under the impulse of self-love you inwardly conceal the true judgment you have formed of yourself, who can doubt that you lack a love for truth, since you show preference for your own interest and reputation?’ (Bernard).

It is not humility to underrate yourself. Humility is to think of yourself, if you can, as God thinks of you. It is to feel that if we have talents God has given them to us, and let it be seen that, like freight in a vessel, they tend to sink us low. The more we have, the lower we ought to lie. Humility is not to say, "I have not this gift," but it is to say, "I have the gift, and I must use it for my Master's glory. (Spurgeon)

# CROSS TRAINING MINISTRIES

JOE BARNARD

## The Essence of Humility

*Definition: Accepting the truth that before God I am nothing, I have nothing, and I can do nothing; therefore, I am totally reliant upon God and totally available to God*

*Before God I am nothing*

*Before God I have nothing*

*Before God I can do nothing*

*Therefore, I am totally reliant upon God*

*MAT 18*

*Therefore, I am totally available to God – 'Here I am!'*

## The Indisputable Evidence of True Humility

- Ability to hear the truth about yourself without being crushed
- Ability to hear the truth about yourself without getting angry
- Self-Disinterest
- Gentle Fearlessness before Men
- Defiant Hope before Suffering and Affliction

Humility is the preparation for all great graces: 'And so when you perceive that you are being humiliated, look on it as a sign of a sure guarantee that grace is on the way' (Bernard).

## Question for Further Reflection:

- 1 – What Biblical truths can you meditate on in order to foster humility?
- 2 – How can spending more time in adoration and confession foster humility?
- 3 – How can the spiritual discipline of fasting foster humility?