

## **Ways to cultivate humility**

*These are in no particular order*

1. Be around men and women of humility, hopefully in your church.
2. Pray
3. Pray for humility.
4. Read/meditate on passages regarding humility.
5. Read/meditate on passages that highlight God's greatness
6. Invite correction and learn from it without defending yourself.
7. Confess sin
8. Point out evidences of grace, highlighting God's work in others.
9. Express thankfulness
10. Be in a one-on-one or one-on-two relationship of accountability
11. Take your temptation to compare yourself to others as an opportunity to show how great God is in their lives and not how insignificant you are.
12. Go often to the cross in conflict. The cross cuts down superiority, self-righteousness, our attempts at trying to save ourselves, and points to Christ as the power to make a dent on indwelling sin.
13. Share your faith regularly. This crushes fear of man and requires trusts in the power of the gospel over against our eloquence or knowledge.
14. Ask for explanation regarding things you don't understand rather than acting like you understand when you do not.
15. Sleep more
16. Read guys who are smarter than you.
17. Contemplate death and heaven
18. Read or watch world news with an eye towards how big God is and how he is at work in other cultures.
19. Regularly submit to the church and to others.
20. Meditate on the doctrines of grace
21. Delegate to others
22. Listen well. Make a conscious effort to listen more than you talk.
23. Befriend unbelievers
24. Serve those who you struggle to love
25. Place yourself regularly in large and liberal situation for love where if God does not show up then you are sunk. (ie. George Mueller in loving orphans)
26. Get married
27. Have children (biological, adopted, or caring for others kids).
28. Intentionally care for the poor (the diseased, the hurting, the afflicted)
29. Exercise regularly (if you push yourself you will realize your temptation to give up, the limits of your body, and your need for God to help you keep going.)
30. Memorize long passages of Scripture.

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