



Episode 4-15: Humility

Resources:

Books

[From Pride to Humility - Stuart Scott](#)

[Humility - Andrew Murray](#) (parts are very helpful)

Website

[Masters in Biblical Counseling](#)

Handout

[Read Through the Scripture Challenge 2024](#)

Transcript:

Jocelyn: I don't just need to feel better. I need the truth. And ultimately that will make me better.

Janet: I just want to make it as totally simple as possible for ladies to see that the Bible is really applicable to their everyday life.

Jocelyn: When they understand theology, the application flows out of it quickly with joy.

Janet: It is a journey, but even the journey itself is joyful when I'm doing it, holding the hand of my savior and trusting him all along the way. This is the joyful journey podcast, a podcast to inspire and equip women to passionately pursue beautiful biblical truth on their journey as women of God. When you choose truth, you're choosing joy.

Janet: Okay, welcome back. This is Janet once again with my trusty cohost, Jocelyn.

Jocelyn: Hey, friends.

Janet: And today we're joined by a good friend of ours, Dr. Stuart Scott, who's been willing to, in the midst of a week of teaching all day long at our seminary, to come and join us one evening to share with us on a topic that all of us would benefit from.

Jocelyn: Absolutely. We're so excited to have Dr. Scott here to talk about the topic of humility. And I think as Christians, we often hear about pride, super common theme in the scripture. We know that it's the root of all sin.

Janet: Yep.

Jocelyn: It was the cause of Satan's fall from glory. And we agree, all of us agree that it's very important to understand that topic. But for a little twist, we really wanted to take our listeners on



a journey toward understanding humility in and of itself. Not just humility as the opposite of all the bad things that pride is, which, you know, there's lots of bad things, but humility as a super important virtue, all on its own. So we will talk a little bit about pride, but the main point of what we're talking about today.

Janet: The beauty of humility.

Jocelyn: The beauty of humility. So today we're going to be talking to Dr. Scott about this amazing virtue and quality of Jesus Christ. He wrote a really helpful booklet called, "From Pride to Humility", that I've assigned for counseling homework probably a thousand times already. It's actually an excerpt from a larger book called, *The Exemplary Husband*, if I understand it right. But why don't you start, Dr. Scott, by telling us a little bit about yourself. We'd love to know about your family, your ministry, what kinds of things you're involved with now. You can also throw in there a little bit about where you teach and what got you into writing.

Stuart: Oh, well, thank you for having me on the podcast and it's good to see both of you ladies. And, we've known each other for a lot of years.

Janet: Well, we're not that old. We've known each other for a little bit of time.

Stuart: Okay, just a few years, just a few years.

Jocelyn: All meaningful.

Stuart: It's a pleasure being here. It's an honor. And you're asking a little bit about myself, my family. Boy, I've moved around or the Lord, I believe, has moved us around over some years and trying to help churches and schools with the area of sufficiency of scripture, we know it in the area of biblical counseling. And I first got exposed to the biblical counseling model here at Faith Church Lafayette.

Janet: I didn't know that.

Stuart: Oh yeah, back, Steve Viers first year.

Jocelyn: Oh, wow. That's crazy.

Stuart: Oh yeah. So anytime I can come up and give back, it's just a joy to do.

Jocelyn: That's so cool.

Stuart: So I'm really blessed from that training. We presently live in Greenville, South Carolina, but we had just moved from California, so I've been helping out at The Master's University and before that was Southern Seminary down in Louisville. And now we're in Greenville, South



Carolina, helping with Bob Jones University and Seminary. They requested help to set up a biblical counseling training center.

Janet: Excellent.

Stuart: So we thought, wow. We ministered, I did, I pastored in Columbia, South Carolina.

Jocelyn: Oh, that's cool.

Stuart: And we both went to Columbia International University and my wife's from Sumter, South Carolina.

Janet: In some ways, it's like coming home.

Stuart: So it's like coming home. Yeah, in many ways, like going back home. But it's been a joy. People have been very supportive and so that's what I'm doing presently and then I serve part time as the member care director for the Association of Certified Biblical Counselors.

Janet: Yes.

Stuart: And I do that part time and then adjunct here and there. A week teaching at some of the different schools usually during breaks and summer breaks and things like that.

Jocelyn: Awesome.

Janet: So can you talk to us a little bit about just the concept of what humility is, why we should desire it and really, why is it rare? And we do need to talk about pride to some degree. What is its relationship to pride? Why do we tend to talk about them together?

Stuart: Yeah. Pride is, I usually refer to it as like the mindset of self. You're focused on yourself that, from us, through us, and to us belong the glory.

Janet: Oh my heavens. That's the passage I'm memorizing right now. It's like what a terrible thing for us to.

Stuart: Yeah.

Jocelyn: So opposite.

Stuart: It is. You can see why it's such an affront to God.

Jocelyn: Yes.

Stuart: And we come that way, right?



Janet: Yes.

Stuart: The heart is all about self. Living for self. And humility is gonna be just the opposite. It's gonna be the mindset of Christ, and it's gonna be about God's glory and the good of other people. So your mind isn't on yourself. The more we grow in that, you know, just like Christ had that mindset. Matter of fact, he was humility incarnate, but he was all about God's, the father's glory, all about loving others perfectly. And he was humble. He was completely humble. And that's what the Spirit's wanting to do in our hearts is to make us more like Him.

Janet: Yeah.

Stuart: So you can kind of see when I'm thinking more about me and what people think of me and measuring myself by other people, that pride is all in that. And then I get the glory for whatever anything is done rather than I bring my weakness, He brings His strength and everything, and then it's all His glory. And I'm really trying to do what's best for other people and help and serve them. So that's the mindset kind of, looking at pride and humility. Does that make sense?

Janet: It does. And it makes me think about like, so if I want to grow in humility, the only way I'm going to grow is that if I know the areas where I tend to be about self, like I can't grow unless I'm changing from self to others, which means I have to know where I'm thinking about myself all the time. I can't just skip that and just try to grow in humility without acknowledging what I'm trying to change from.

Stuart: Right. Right. And what's the real downside of that is that the word for pride, one of them, is you're blinded to it. So you're going, well, I'm going to see my pride. Well, you might not, because most of the time we're blinded to it. Some one, I don't know the source of it. Someone said your sins are like stapled on your back and you can't see them, but everyone else does.

Janet: Oh my word. That's so true though because as you were saying it, I was thinking, well, I could probably tell you everybody else's.

Stuart: Exactly right. We see it. They don't. Yeah.

Jocelyn: Wow. That's so interesting. So in your writing, you have a really thorough, very helpful, very convicting list called, Manifestations of Humility. We'd love to have you go through that list with us.

Janet: Sort of.

Jocelyn: "Love" used loosely help us understand what humility looks like in real life. Maybe list the Manifestation of Humility and a really brief description of that.



Stuart: So the Manifestations of Humility, that's kind of what we're to be pursuing.

Janet: Okay. After we've dealt with.

Stuart: We have recognized or others have helped us usually see the pride. That's how it worked with me. My wife had to bring it up. My professor had needed to bring it up. I just didn't see it. I didn't even understand it.

Jocelyn: I think just to pause there, I think that's really helpful because when you are pointing out to someone else, it would help you to remember to be really careful about how you talk about it and remembering they are probably blind to this.

Janet: Yeah. Just as I am.

Jocelyn: Not just they're like being jerks to live that way. Like they just don't even see it. So it'd help us to be really gentle when we talk about it.

Stuart: Yeah. So the different Manifestations of Humility, and I have quite a few in here, so I don't think you probably want me looking through all of them.

Jocelyn: You can hit the highlights.

Stuart: Yeah. I start out with, some of the manifestations are, or our eyes and mind are on God and His character. When God is high and lifted up in our mind, then we bow low. You can't have a really high view of God and a high view of yourself. So like in Psalm 99, it says, exalt the Lord and then worship that as footstool.

Janet: Oh, wow.

Stuart: That concept and people who don't really know and understand God very well as He's revealed in scripture are going to think way more about themselves. So we could even say the gospel of Christ humbles us because we realize I deserve nothing but hell.

Janet: Yes.

Stuart: God has done it all. He's provided it all. From me, through me, and to me belong nothing.

Janet: Yes.

Stuart: See, that's the gospel. When we really dwell on the message of the gospel, it should naturally produce it's none of me, it's all of Him. And that's why it usually follows in the Epistles. It follows the gospel position and message, when it turns to now walk this way, it'll have humility right at the front. Walk in humility, put on humility, gentleness.



Janet: Interesting.

Stuart: Why not? That's the way we should do it. And so I have the manifestations. You really thirst and hunger after getting to know and understand God. The Spirit wants to take us there to know that the triune God and specifically Christ. So that's going to be several of the first manifestations as could be on our, so on homework assignments for me and counseling always have a steady quest of knowing who God is and attribute a week.

Jocelyn: Oh, good.

Stuart: From the scripture and maybe some supplemental work. No matter what their issues are, they have to have a more of a God mindset so that they can conclude from Him, through Him, and to Him belong the glory forever.

Jocelyn: And if you have an accurate view of God or a more accurate view of God, you're going to see how other He is.

Stuart: Yes.

Jocelyn: Like He's not anything like me. I am so not like that. And if I'm not spending time getting to know God, I start to elevate myself. I think I'm pretty special. I got some pretty good thoughts

Janet: Or even early on. Cause as you were saying, then I'm like I know I've been this way and I've worked with people that we learn the attributes of God and I walk away going, I need to be like that. Like I'm not other, like I'm just going to be as good as, and I'm not. And that's terrifying. When I really see what He's like, it's terrifying to see that it's hopeless for me to ever be that if I don't understand the part of His character of His grace.

Stuart: Right. That's right.

Jocelyn: And the gospel.

Janet: Which is the gospel. If I don't understand that, I go to His character and I either just feel sorry for myself. I go into self pity or I self righteously look at how I think I am actually pretty much like that.

Jocelyn: Oh, Janet.

Janet: And then Brent reminds me.

Stuart: So again, humility is gonna be God-focused.

Janet: Yes.



Stuart: Loving Him, worshiping Him, getting to know Him, and then others minded. And, you know, and when we're minister to people, most of the time it's all about them.

Janet: Yes.

Stuart: So even when we're helping individuals, we have to get them eventually to get their eyes on the Lord and other people.

Janet: Yes.

Stuart: And that's a process for all of us. So some of the manifestations are the person just won't be about themselves. You know, sometimes you think, you know, where are the humble people in the church? And you go, oh, they're probably people you don't even recognize because they're not all about themselves. They're not talking about themselves. They're not, it's just not about them. It's they are wanting to know and love the Lord. And they're really trying to help other people.

Janet: Yeah. So they're joyful.

Stuart: Yeah.

Jocelyn: But they're behind the scenes.

Stuart: They often are.

Jocelyn: Not flashy.

Janet: Yeah. And wherever they are, it's not the talking badly about themselves. It's not, oh, everyone's better than me. They're just not talking about that.

Stuart: That's right.

Janet: I love that. So you don't think about them.

Stuart: Right.

Janet: In that way. They're just loving people.

Jocelyn: They are not self-promoting.

Janet: Love it.

Stuart: And so the phrase by John the Baptist is so, you know, may He increase and I decrease.

Janet: Yes.



Stuart: And when you understand the gospel message that we died to self, now we live unto God. You go, yeah, it's not about me.

Janet: Right.

Stuart: And boy, that, that is not our culture.

Jocelyn: No.

Stuart: It's the opposite.

Jocelyn: It's the total opposite of the Instagram culture where people are filming themselves all the time. Like when I go to the gym, there's constantly people videotaping themselves working out. Like it's just so creepy and weird.

Stuart: And what they're eating. Like we want to know everything they're eating every day. Let's see here. I have so many of them listed and I tried to see these manifested where they were in scripture, you know, whether a verse is talking about it. And often all these verses are talking about Christ. It's a Christlike mindset. So all, when you say, I want to be more humble then we need to pursue and put on Christ, that He is humility incarnate. And that's why in Romans 13, when it's, you know, put off the flesh and put off provision for your flesh, it says, put on the Lord Jesus. And you're going, well, what does that mean? Everything about sanctification and growing towards Christ likeness. Everything in the Bible that talks about growing towards Christ likeness. The more we have this mindset, that's humility.

Janet: I love it. So even studying more specifically than just the attributes of God, studying the life of Christ.

Stuart: Yes, yeah.

Janet: Which obviously He did the attributes of His Father perfectly. They are one, but being able to see this is what it would look like for a human to really live their purpose.

Stuart: Yeah.

Janet: And humility.

Stuart: Philippians 2 is probably the go to passage of Christ's mindset that He didn't regard equality with God, you know, but it says there have this mind in you, which was also in Christ. There it is.

Janet: Yes.



Stuart: And then I had a professor who said you can remember His mindset with three S's in that passage in Philippians 2. And it really has been helpful. I can bring Him right up quick. He was submissive to authority, namely the Father. Father sent the Son, He obeyed. So when we're more submissive to God given authorities in our life. Secondly, He was a servant, technically a slave, the word that's used there. So He didn't come to be served. He came to serve. So I'm growing in humility with dependently on the Spirit helping me with grace is I want to submit to the authorities of my life and wherever I go, the more I have a serving. How can I serve not be served? That was the mind of Christ. And then thirdly, He was sacrificial in how He loved. He was obedient to the point of death, death on the cross. So those three S's kind of sum up the mindset, have this mind in you, okay, I got to grow in submission because independently from God's help, we're very proud and want independence.

Janet: Absolutely.

Stuart: So we weren't created that way, we were created to be dependent, but our sinful flesh wants independence, anti-submission.

Janet: Yes.

Stuart: So the more I'm growing in submission, the more I'm going, how can I serve people around me for the glory of God, all prayerfully done, and the more it can be giving to help others and it's inconvenient, sacrificial, giving, helping others, others thinking of others more than myself, that's kind of growing in humility. And it's all for Jesus. You know, it's just, all of it's directed towards Jesus. And then your mind's not on yourself and all of the, I mean, you deal with things in your life. It just, you're just not all consumed with yourself.

Janet: Right. And oh, I think that's incredibly helpful because we can be encouraged that God is at work in helping us grow, if we recognize those areas where, no, no, I'm not perfectly anything, but I see a growth in a willingness to submit to the leaders above me. If I see that, I get to say that's evidence of God at work in my life and I can be encouraged that I am growing in humility only by His help, but His help is there.

Stuart: Yeah.

Janet: You know, so you've given us ways to kind of, okay, when I go somewhere, even if the battle is in my soul and I go, no, I'm not going to talk about me when I go in there. I'm just going to try to serve people because I know it's right. There's an evidence of growth and humility, even that battle.

Stuart: That's right. And all the individuals that you see that are marked by humility, you'll see all those submission like Mary, you're going to have a baby, whatever, whatever you say, Lord,

Janet: Knowing that it's not going to be easy for her life.



Stuart: Exactly. And Moses, it says he was the most humble man on the face of the earth, but he was a leader.

Janet: Yes.

Stuart: And, you know, how did that happen? Well, he was thinking about God and about the good of the people.

Janet: To his own hurt.

Stuart: That's right. It wasn't about him.

Jocelyn: To his own detriment.

Stuart: Yeah.

Jocelyn: So in your booklet, you have a long list. How many things are in the list of the manifestations of humility?

Stuart: I have 24 and then you could put et cetera.

Janet: Yes. So get the book.

Jocelyn: 24 Manifestations of Humility. And you got to hear a summary of them. But if you want to study this in more depth, we're going to link the booklet from Pride to Humility in the show notes. And we encourage you to use that list as a self-evaluator. That's the way that it's written is to evaluate how are you doing at applying this area. And it's just really practical, like what the one that was the most fundamental to me was talks too much, talks too much about themself.

Stuart: Oh, on the pride side.

Jocelyn: So the humility side is like doesn't talk about them. So it has a minimum of words.

Stuart: Draw people out.

Jocelyn: You want other people to talk. So it's a great tool to help you think through, how are you growing in this area practically.

Stuart: And the reason I put manifestations of both, that wasn't kind of unique with me. I picked that up from a Puritan, Richard Baxter. In one of his books, The Christian Directory. He says, when you are evaluating yourself, do not only look at your weaknesses or and also do not just look at your strengths or he called them graces, right? Graces of God in your life because you won't have a right proper view of yourself. You've got to look at both of them and that's why I



look at pride, but don't go down in the dumps, you know, also look at God's graces in your life and areas that you're pursuing and it keeps you a sober assessment of yourself.

Jocelyn: It's cool that they're called graces because like you could look at humility and get proud at how humble you are, you know, like, oh, I don't talk about myself a lot. I do allow you to talk, but it's a grace of God.

Janet: Aren't I amazing?

Jocelyn: Aren't you? Aren't I amazing for helping you to think that you're amazing? But it's the, they're graces of God. They're gifts of God. His development of His character inside of you that allows you to function that way.

Janet: Yes. So I know we mentioned, you've talked about Jesus already being the perfect example of humility. I don't know if there's more you can share with us on that or even other biblical examples of humility that we can point to, study, and learn from.

Stuart: Well, the gospels, I think you mentioned, you know, going through the gospels or Jocelyn, you did, I don't know. Reading through the gospels one after the other and then I did that for a few years, just one after the other because I wanted to see, what does it look like to live a godly life, a Christian life? Because that's Christ incarnate there.

Janet: Yes.

Stuart: And watch, how did He deal with people? How did He deal with interruptions?

Janet: When He was tired.

Stuart: Oh yeah. How did He deal with, you know, where I'd get impatient with the disciples. He was really patient. So just watching everything He'd said and did was perfect.

Janet: Yes.

Stuart: And so Matthew 11, when Jesus described His own heart is humble and gentle, and you go, wow, that what a description. And I know the book that came out, you know, on that, but it's just, you want to have the heart of Christ. It was meek and lowly, it's humble and that was a despicable term among the Greeks. The word humble.

Janet: Yes.

Stuart: They wouldn't want anyone saying that about themselves. That was the meek lowest of slaves work kind of thing. And Jesus said, this is the highest virtue. This is who I am.



Janet: We forget that and many of us just don't even know that because we think, well, we should try to be humble, but to realize He was saying something that was very countercultural and that would be offensive.

Stuart: Yeah. Washing feet is what that term, the lowest of the servants would do that. And what's He do? He washes the disciples feet. So they got it. You know, like, wow, He is and He does. He is humility. So that verse really does stand out and that's His heart, His character, and you can see it displayed. So anytime we can be more like Him and get our eyes fixed on Him is extremely helpful.

Jocelyn: And it's amazing because Jesus' whole existence was wrapped up in displaying the Father. So He did that. So He just allowed Himself to be lost in the display of the Father being the true image of God, the Father. So that is a helpful, super helpful reminder.

Janet: Yeah.

Stuart: You know, Lot wasn't really much of anything on the scale, but Abraham preferred him. And you just see this caring for others. And Paul in the book of Acts, he says, with humility of mind to the Ephesian elders, when he was there for three years, he said, with humility of mind, I served you. So there's that serving. You go, how do you say that about yourself? You know, I was always taught, if you think you're humble at all, you're not.

Janet: Yes.

Stuart: Okay.

Janet: Yes. It's the surprise thing.

Stuart: Yeah. But that theologically, that's not true. If we're to grow in humility, it's like growing in love and we don't go, if you think you're loving at all, you're not. No, we're growing in it. I can grow in humility and you can say it, when it's all about God's glory and about serving others, you know,

Janet: And to your three points, if Paul could look at the way he behaved, was he submissive and was he serving and was he sacrificial? Then he could say, I acted in humility, not I'm Jesus, the most humble man ever, but I acted in humility there.

Stuart: That's right.

Jocelyn: One of our listeners actually asked us to ask that question. How can a person know if they are humble or is it prideful to think you're humble? And that's such a great answer. Like it's okay for you to say, I am humble as I continue to grow in humility. That's not to toot your own horn and draw attention to yourself. It's to say, I have taken this position of servanthood.



Stuart: Right. And we would also say, it's by God's grace that I was able to do any of that because apart from the Lord's help, I wouldn't do that.

Janet: And it's not a permanent thing. Like I wouldn't say, by the way, I'm just loving. Now I could look back and say, in this instance, I do believe I chose to love and I loved in a way that honored the Lord. I can say that, but I wouldn't say to you, I just, I am body loving. And I wouldn't say I'm humble, like in all, I'm just a humble always, but I could say, I see evidence of growth and in that situation, I believe I chose humility. I can know that, but I wouldn't say to you, guess what? I am humble.

Jocelyn: It's like, we're afraid to talk about humility because then if we talk about it, then we're not humble, but it's a virtue to be putting on just like love, joy, peace, patience, and kindness.

Stuart: We just have been taught differently than biblically. Yeah.

Jocelyn: Do you have any more examples?

Stuart: Well, I'm trying to think, even with Paul, is sacrificial as he was and submissive and serving others. In Philippians 3, he says, I've not arrived. And you're going, wow. Even as maturity, he hasn't arrived. And some really believe, and the commentators, that Romans 7, the good I want to do and I don't, and the struggle he's having was written in his maturity years when he was mature, but it always takes us to Christ. So Christ helps us to be humble. And when we're proud, we go to Christ for forgiveness. So it's all always about Christ, helping us to grow in that area and then repent and deal with our pride to go to Christ and His forgiveness and the work that He did for us on the cross.

Janet: And when you say it's always about Christ, I think that's so beautiful because when I, by God's grace, choose humility, I'm exalting the ways of Christ. When I choose pride and I repent, I'm exalting His grace. Like either way, He gets exalted, but when I want to go, I'm so mad at myself for not being humble. I'm trying to make it about me instead of just running to the fact that there I was again sinning and it exalts Him for me to run to Him and get to it magnifies His grace.

Stuart: Yeah.

Jocelyn: Which is a perfect segue into our next question. Because this is a question that we can't use Jesus as an example of because we're gonna talk about sin. He never sinned. So humility would look like having a realistic view of your own personal sinfulness. So in your Manifestations of Humility, you talk about the importance of minimizing other sins and having a realistic view of your own sins. How do we focus rightly on Jesus' saving gift without maximizing our own sinfulness privately and being really downcast, like I'm the worst sinner ever. Like, how do you balance that awareness of sinfulness and still handle that humbly?



Janet: Yeah.

Stuart: And personally, I'm more prone to look at my sin, my failures, my weaknesses, and just stare at them and stay there. That would be my, apart from God's help, I would just look at that. Some people focus all on their successes and I'm always looking when evaluations, what would I do wrong? And I'm not encouraged as much looking at what I've done right. I'm I would be prone to just focus on pride. And it was one of the pastors, Robert Murray McShane, who has a pretty famous now quote that's been I heard it and I went by that it's so good. He said, for every one, look, you take it yourself and look at yourself. You take 10 at Jesus. And I'm going that is really helpful. Because I can wallow. I get poor me. I should just quit the ministry. I just keep going, yeah. And we do need to look at our weaknesses. We need to be working at growing. But if we don't turn quickly to Christ, we're going to get in other manifestations of pride.

Janet: Yeah. I should be better than this.

Stuart: Yeah. You know, people. Yeah. It just one issue after another, but it's going to keep us around self. So we look at ourself in the mirror, like the mirror of God's word, and we quickly move to Christ. And what he says, the proportion, what he wrote, one look at you, 10 at Christ. And that just kind of gives us hope and encouragement. So did that answer that?

Jocelyn: So, yeah. So like the word is escaping my brain right now. All I can think of is predestination. That is not the right word. Our preoccupation. So our preoccupation with our own sinfulness is a sign of pride. Like we just cannot believe we're still sinning. So to be humble would be to say I sin because I'm a sinner. It's God's grace that I'm growing. And I can acknowledge the areas of sin and when I hold them up against Christ, see what I should be instead and be quick to repent, quick to confess, and quick to adopt His righteousness instead. So humility would be repenting, confessing, and adopting Christ's righteousness.

Stuart: Yeah.

Janet: And not being so shocked because I'm not Jesus and not being shocked that my lack of Jesus is showing again. You know, that's why Brent always says this, well, that's why we needed a Savior. Like when it comes out and I have to ask his forgiveness again. And it's like ugh and he's like that's why we needed a Savior. And that's just a reminder. That's why He came because we need one.

Jocelyn: And that's how you can tell when there is pride related to your sinfulness is that you're just so shocked that you've sinned again.

Janet: Yeah.

Stuart: Or defensive.



Jocelyn: Yeah. Like, well, I'm sad that I sinned, but I can't just be blown over every time it happens. It happens all day long, every day sometimes.

Janet: Yeah.

Jocelyn: So it's, we sin because we're sinners. By the grace of God, we get to grow.

Janet: And I'm thinking, you know, another practical, am I? I'm looking at my sin. Am I looking at that in a way that is humble or proud even as I look at my pride? And I think there's the comparison. So you'd said we get defensive or it'll be, well, you know, you've sinned too.

Jocelyn: Deflective.

Stuart: You'll love this one as wives. Zandra will come and to bring up something that I've done. And she goes, why is it when I come to talk to you about your issue, we ended up talking about me and I, well, and I smile and I go, cause I don't want to talk about sin. I want to talk about your issues. We just, you know, it's such a part of our nature, our sinful aspect there that we don't even realize how much our thoughts go all towards ourselves. But we look back and go, wow, God is still growing me.

Janet: Yes.

Stuart: Praise God. There's some growth. And like Paul said, I'm not arrived, I keep pressing upward.

Janet: Yeah. So another way that we can grow in humility is when we see our sin or even more so when somebody makes us aware of our sin, that there is, even if I can't see it yet, you know, a phrase that Brent and I have both use. Cause you know, I don't always see it. Like he can say it to me and I can't own, but I can't still see, but is there enough humility to go, I need to think about that and I'm not saying you're wrong, I'm saying I can't see it.

Stuart: Right.

Janet: I just say that and he has said that with me like I need time to think about it because I can't see that.

Stuart: Right.

Janet: Which is not saying you're wrong.

Jocelyn: Right.

Janet: So I'm not going to defend myself. I'm either gonna own it if I see it or I'm gonna humbly acknowledge you're most likely right and I just can't see it yet so.



Jocelyn: But you're going to do some self-examination.

Janet: To consider that and ask the Lord to help me see it

Stuart: And ask them, can you give me some specific examples of what I said or did?

Janet: That caused you to be concerned.

Stuart: And then why did you think that was pride? And maybe I'm not even looking at that right from the scripture. So examples really do help.

Janet: So a great way to grow in humility, don't defend, don't deflect, own and even in humility when you can't see it, don't just say, I think you're wrong.

Stuart: Yeah. Or even invite feedback.

Janet: Yes.

Jocelyn: Ask for it.

Stuart: Tell me, tell if.

Janet: I'm only doing that for people who like you.

Stuart: Yeah, that's right. People who love you and are committed to you.

Janet: Yes. Let's not just ask the person waiting for that moment.

Jocelyn: I'm glad you asked.

Janet: So what would you say is the best way to figure out your gifts and abilities, but also be humble, like, can I be honest about where I'm gifted without boasting and letting that become I'm just an amazing whatever. So how do I joyfully offer up and use my gifts and still be humble?

Stuart: Yeah, our gifts. Let me see if I can turn here to 1 Peter 4, it really is helpful that the context and 1 Peter 4, it says here, as each has received a gift, use it to serve one another. So there, that serving comes out. As good stewards of God's varied grace. So it comes from Him. Any gift is from Him. Whoever speaks as one who speaks oracles of God, the word of God, whoever serves as one who serves by the strength that God supplies. You're hearing, wow, we can't do anything here. It's for God's glory. It's by His grace. It's for the good of other people. And it says, in order that in everything, God may be glorified through Jesus Christ. And there's that, boy, keep Christ out in front of your serving. Any gift, speaking, or serving, it's about Christ. It's about God's glory. It's about the good of others around you. And it's all by His



strength. So it's dependent work that we do. And it just says, to Him belong glory and dominion forever and ever. Amen. It's all wrapped. It's all wrapped there, what we were talking about.

Jocelyn: That's really cool.

Janet: Yeah, so if I don't need to pretend I don't have gifts.

Stuart: Right.

Janet: Because God has graced each of us with gifts.

Stuart: Yeah.

Janet: So I don't have to pretend but what do I have that I haven't been given?

Stuart: Right.

Janet: And I was given it for the good of others. So not using it because I'm afraid I'm not amazing at it is not thinking of others.

Stuart: Or if I'm going to fail, what will people laugh at me or, you know.

Janet: Or will they think I'm proud or they think. It's really just not about me. So I'm going to use it for His glory, but it's so quickly in my natural flesh. And it makes me think about, I was just, we're reading through the scriptures again this year, and I'm reading about God telling them when you get to the Promised Land, I fed you with manna to humble you. And when you get there and you have all this prosperity.

Jocelyn: Don't forget.

Janet: Don't get proud. And they did.

Jocelyn: Yeah.

Stuart: You'll forget me.

Janet: And get proud. And I think, okay, any gifts I have, He gave them to me for the good of His people. So when I go, look what I can do. I mean, what an affront, but we quickly do that.

Stuart: Yeah.

Janet: We quickly want to make our identity, I'm the good, whatever.

Stuart: Yeah.



Janet: When, instead of, so I have to be growing in thinking about the way that you just read that passage. I have to think that way. So when someone says, wow, you did this whatever well, I'm thinking, I can't believe God allowed me to have that gift and get to use it. So I'm grateful. I'm going to use it, but I'm not thinking that's right.

Jocelyn: And my gifts are the spoils of the supernatural war between Jesus and Satan. Jesus conquered Satan to give me that gift, to use it to benefit His church. Like my very best quality is leftover of His wonderful conquering of sin and Satan.

Stuart: Yeah. Any abilities that we have that could be used for good are given from by God, even for unbelievers.

Janet: Yes.

Stuart: Because King Herod gave a speech, was the put in a place of authority in Acts 12. He gives a speech and they said, oh wow, the voice of a God and not a man. So there's praise coming his way. And the next verse says, and God killed him and you're going, what? And it says, because he did not give glory to God. So anytime someone comes up, says, boy, you just, you served in that way. It was just wonderful. Or you spoke and it was so helpful. I think a biblical response would be, thank you for your encouraging words, where they encourage one another. And that's probably what they meant to encourage you and then, but quickly say, but I want to thank God for the ability, for the opportunity, and I'm so thankful that it was helpful to you. You know, let them know it all came really from the Lord and it's used for Him and to help others. And I think that kind of keeps you keeps, helps keep me cognizant. It didn't come from me or by me or the glory to me.

Janet: And you're also in that moment choosing to think of them. So when you're saying to them, thank you for encouraging me, you're thinking they just did something that honored the Lord. I want to encourage what they just did. So now I'm not just thinking, oh, say more. I'm thinking, wow, you took the time to let me know that. Thank you for encouraging me. And that's a way to think about them.

Stuart: Right.

Janet: And not myself.

Jocelyn: And from a practical point of view, it's probably good that you practice those words because it's really weird for someone to praise you and for you just to stand there and be like sputtering, like, I don't know what to say right now. You do have to have practice or it won't roll off your tongue. It's not a natural thing to say. And if you've decided in advance what you're going to say, it usually helps.



Stuart: I had one student say, well, that sounds so pious. You know, like, thank God and it came from Him. And I'm going, well, Herod sounds dead. You know, you got the option there, you know, humble yourself or be humbled. But as far, you brought up gifts, you know, how do you know maybe even what your gift is. I really like three points MacArthur, Dr. MacArthur makes that usually you'll enjoy whatever God has graced you with to serve Him. You'll enjoy it. Others will recognize it. You may not recognize it, but they do. And we need help from other people because our pride will get, you know, I can, we've seen that if you've ever watched some of the like American Idol or any of these people who think they can sing.

Jocelyn: Has nobody told them that they can't?

Janet: Has no one told them along the way, how did they let them get on TV?

Stuart: So others will recognize it and that's very helpful, having godly people who can say, we think that God has really graced you with this gift to do this in that area. And then God uses it and blesses it. So three things that he brings up.

Jocelyn: Those are great points.

Stuart: That are really helpful. I enjoy it. And that's not the first, but it in order, but God graces you with a gift. So you enjoy it, others recognize it, and God uses and blesses it.

Janet: As you're saying that, that's so true. When I think about it, I have been, I believe I am able to communicate and so I've been able to share truth with people and and it is a privilege and I love it, but I did not recognize that in me because of my pride. My fear of man was so enslaving that I would not, literally would not, speak in front of people. So if you had asked me, do you enjoy that? No, I'd rather die like I get, I vomit if I have to do it. Okay. So my own pride, because that is pride, kept me from even knowing that there was a gift from the Lord and that I do enjoy it. When I'm focused on other people, I love it. But every time I go somewhere, the battle begins right before I get up to speak. I don't want to do this anymore. I just want to go sit in my room. I hate this. And then afterwards, I'm like, oh.

Jocelyn: That was fun.

Janet: That was fun.

Stuart: Can we send Aaron? Yeah.

Janet: Yes.

Jocelyn: Well, anytime you think about pride, the focus is to get less of it, but with humility, it's different. How can we get more? How can we grow in humility?



Stuart: You know, the humility will be there. The attitude, the mindset, when we're really pursuing with all our heart to know and love Jesus more. You become like what you worship and the more we're thinking of his thoughts, we're reading His word, we're trying to introduce others to Him. You're kind of lost in Him and you're not even working at trying to be humble. You're just trying to know and love Jesus and love others with His help. And it's like the byproduct. They're there come the virtues.

Janet: Yeah.

Stuart: You know, the fruit of the spirit.

Jocelyn: That's so cool.

Stuart: Are often the byproducts. You go after 'em, you probably won't have 'em.

Janet: Yeah.

Stuart: But you go after Christ and here they come, kind of following behind.

Jocelyn: What a great answer.

Janet: I love that. We talked about our pride that gets in the way. I think it can also be really helpful, if you know areas that you battle pride to just choose the three things you mentioned. Like I'm going to go to this event tonight and I am going to, if there's an area to be submissive to the host or whatever I'm willing, I'm going to go to serve and I'm going to do something sacrificially to my own hurt. And then just see if the Lord blesses that. And you actually come away and it was a more fun event than if you went trying to make sure everybody notices you're there and loves you.

Jocelyn: It's why you usually have so much fun at service opportunities because you didn't go to have fun. You went to do something and it ended up being fun.

Janet: Yeah. And it's amazingly fun because that's what we were designed to do.

Stuart: Blessed to give. More blessed to give.

Janet: Yeah. So I know that you have written the book that this, From Pride to Humility, that we will have linked in the show notes. Are there any other resources you would recommend?

Stuart: Right on humility proper, just the book on it. I'm not aware of that many. There's a few that oh, well, there's some strengths here. Andrew Murray wrote one on humility. That's really helpful, but his model of how to grow in Christ is let go, let God, I can't coast into Christ-likeness, you know? No, that doesn't work, but he's got some good points about humility. I usually find chapters, little portions here and there and the Puritans, many of them, Richard



Baxter has a great section on it. Jonathan Edwards, he had a section on humility. He even went into a pride, but spiritual pride. And that's a whole nother realm. You want conviction is go into the area of spiritual pride. Now you're going to misuse God's word to justify what you do or do sinful things in the name of Jesus. I mean, it gets all spiritualized.

Janet: Right.

Jocelyn: Very confusing for your congregation members.

Stuart: It is.

Jocelyn: Yeah. You're speaking in the name of Jesus doing wicked things.

Stuart: Yes. And leaders, certain leaders, that they're, well, that's just the way he is. Well, that's not like Christ.

Janet: Right.

Stuart: That's right.

Jocelyn: It's not okay.

Stuart: That's right.

Jocelyn: Right.

Stuart: And you, well, that's his personality. But he's serving the Lord, you know, it may be in his own strength.

Jocelyn: So, who wrote on that?

Stuart: Jonathan Edwards has, in one of his messages, he tries to go into spiritual pride.

Jocelyn: Wow. That's cool.

Stuart: So that, I'm trying to work on something like that right now, not spiritual pride, but trying to look at it more carefully because we're around it in churches and schools and wherever we go and in our own life, I go, well, I don't want that to be.

Janet: And it's such, it's a temptation for all of us.

Stuart: It's a self righteousness, right? It's a self righteousness. The Pharisees were experts at it, but we have it too.

Janet: Oh, yeah.



Jocelyn: But it's especially hurtful when it's happening from a pastor or someone in leadership because you placed yourself under their authority and then they take that authority and use it in a wicked way. I'm glad you're...

Stuart: Or husbands, right? And authority over their wives and you know, I'm doing this out of love for the Lord. No, it's not.

Janet: Right.

Stuart: Yeah.

Jocelyn: Wow. Well, I just want to personally say thank you. Thank you for the time that you set aside to do your original writing back in the day. I don't know when this was published, but that booklet has been such a service to many biblical counselors, to me, myself first, so that I could be trained by God's word in that area. But then to have a helpful resource that was really well organized that we could say, as you go home and think about this this week for homework, like do some self-evaluation and be straight up with yourself so that you can grow. So thank you for investing the time that you did to write so many years ago, whenever that was written, but also to do so much training of the future pastors and leaders of our faith. We are all blessed by the work that you're doing. So thank you for your investments.

Stuart: Well, I, and I mean this, thank you for your encouraging words. It is encouraged me because when you write this, you want to help other people. And then when they say I was helped and we'll praise God.

Janet: I got to be part of that.

Stuart: It was a blessing. It's helped me. It helps me every time I teach on it. Cause we need reminders. I forget, and I'm going over a manifestation going, oops, this one snuck back up on it. I got to keep working at this, but I really do praise God for the ability because I would have been the one who would, I was teasing earlier that when God saved me, since I had such a fear of man, I was going to go away from people and be, go into forestry, away from people,

Janet: Literally not near people.

Stuart: No, no, out in the woods, away from people and yet here, God's using us and our weakness

Jocelyn: Yeah.

Stuart: And all to His praise, but it is a real joy to see others helped. And we're just passing on what we've received. What do we have that we've not received? We just keep passing it on. And I think back in the day, in 1987, when I came here for the first training, I'm going, oh, this is so



good. And being able to pass that on. And this is really a part of it. Things I've learned and I just keep passing it on. It's just real blessing. So thank you.

Jocelyn: We also want to give you a chance to shout out to your wife and tell us what you love about her. And also for us to say thank you to her because her work of supporting you has made our ministries more fruitful.

Stuart: I think I married the excellent wife and I don't just say that willy nilly kind of thing, but she has just been a support. And I tell guys when they say, how could you write a book on like the husband? I said, well, it's not an autobiography. I'm not the exemplary husband, but really a shout out to her. She's never used that book, anything in it, against me.

Jocelyn: What a great.

Janet: What a neat thing to say about her.

Stuart: Every day she could be put how about that paragraph? You know, you need to read it.

Janet: You wrote that.

Jocelyn: Page 65, Stuart.

Stuart: Yeah, page 65, up the top. Read that again, twice maybe. And you think, man, I would probably be tempted to do that. She wrote on, this is the perfect wife, and I'd be going, well, you know. She's never done that. That's been 24 years.

Jocelyn: Wow.

Stuart: So that's pretty amazing.

Janet: That's huge. Yes.

Stuart: Matter of fact, that's probably humility right there.

Janet: Yes.

Jocelyn: She deserves that shout out.

Janet: Well, thank you for doing this. This is a topic that I think we talk about, but we don't even really understand it or how to grow in it. So hopefully those who are listening will also get this resource that we've all said we use.

Jocelyn: We use so much.

Janet: And just thank you for being willing to come.



Stuart: Oh, you're so welcome. Thank you, ladies.

To keep from missing any future episodes, please sign up for our newsletter on our webpage joyfuljourneypod.com. From there you can also subscribe to this podcast on Apple, Google, or Spotify. You can also visit us on our Facebook page or Instagram at Joyful Journey Podcast. If you have questions or comments for us, you can email us at joyfuljourneyquestions@outlook.com. Joyful Journey Podcast is a ministry of Faith Bible Seminary. All proceeds go to offset costs of this podcast and toward scholarships for women to receive their [MABC through Faith Bible Seminary](#).

Host Janet and her husband, Brent, also speak at a variety of conferences as a way to raise money for the seminary. If you want to look at what they offer or book them for a conference, [go to their website](#).