

**Mom2Mom 5.1.24**  
**The Fruit of the Spirit**  
**Humility TEACHING**  
**TEACHER Notes**

((Teacher, please prepare for this class by reading Chapter 3 of the book “The Fruitful Life” by Jerry Bridges. This will allow you to elaborate on points of the lesson below as you are led by the Holy Spirit.))

**I. ((click)) Humility - Why We Need It & What It Is (10 minutes)**

Without a humble and self-effacing understanding of ourselves, we will never see the need to change. If we think highly of ourselves, we will excuse, or simply not see, areas of weakness which need attention. **Humility is one of the most important virtues which undergirds our ability to grow in all of the fruit of the Spirit. Humility enables us to participate with the Holy Spirit in our sanctification.**

Sometimes knowing what something is NOT helps us to see what it IS. Here are some definitions from Stuart Scott’s booklet, *From Pride to Humility*.

- A. ((click)) **Pride is the opposite of humility –“The mindset of self ... a master’s mindset** rather than that of a servant: a focus on self and the service of self, a pursuit of self-recognition and self-exaltation, and a desire to control and use all things for self.”
  
- B. ((click)) **Humility is “The mindset of Christ ... a servant’s mindset:** a focus on God and others, a pursuit of the recognition and the exaltation of God, and a desire to glorify and please God in all things and by all things He has given.”

**II. ((click)) Humility – What It Requires**

- A. ((click)) **Humility requires a high view of God in our relationship with him –**  
Isaiah 6:1-7; Isaiah 40:10-31

As our view of God grows our understanding of ourselves will be more realistic. The bigger and more transcendent God is in our view, the more amazed we are that he loves us, and the more quickly we will obey his directives in the Scriptures. This exalted view of God is all over the Scripture, but here are a couple of passages from Isaiah that can help us to rejoice enthusiastically in the beauty of our Holy God.

*Isaiah 6:1-7 In the year of King Uzziah’s death I saw the Lord sitting on a throne, lofty and exalted, with the train of His robe filling the temple. <sup>2</sup>Seraphim stood above Him, each having six wings: with two he covered his face, and with two he covered his feet, and with two he flew. <sup>3</sup>And one called out to another and said, “Holy, Holy, Holy, is the Lord of hosts, The whole earth is full of His glory.” <sup>4</sup>And the foundations of the thresholds trembled at the voice of him who called out, while the temple was filling with smoke.*

<sup>5</sup>Then I said, "Woe is me, for I am ruined! Because I am a man of unclean lips, And I live among a people of unclean lips; For my eyes have seen the King, the Lord of hosts." <sup>6</sup>Then one of the seraphim flew to me with a burning coal in his hand, which he had taken from the altar with tongs. <sup>7</sup>He touched my mouth with it and said, "Behold, this has touched your lips; and your iniquity is taken away and your sin is forgiven."

Isaiah 40:10-31 Behold, the Lord God will come with might, With His arm ruling for Him. Behold, His reward is with Him and His recompense before Him. <sup>11</sup>Like a shepherd He will tend His flock, In His arm He will gather the lambs and carry them in His bosom; He will gently lead the nursing ewes. <sup>12</sup>Who has measured the waters in the hollow of His hand, and marked off the heavens by the span, and calculated the dust of the earth by the measure, and weighed the mountains in a balance And the hills in a pair of scales? <sup>13</sup>Who has directed the Spirit of the Lord, or as His counselor has informed Him? <sup>14</sup>With whom did He consult and who gave Him understanding? And who taught Him in the path of justice and taught Him knowledge and informed Him of the way of understanding? <sup>15</sup>Behold, the nations are like a drop from a bucket, and are regarded as a speck of dust on the scales; Behold, He lifts up the islands like fine dust. <sup>16</sup>Even Lebanon is not enough to burn, Nor its beasts enough for a burnt offering. <sup>17</sup>All the nations are as nothing before Him, They are regarded by Him as less than nothing and meaningless. <sup>18</sup>To whom then will you liken God? Or what likeness will you compare with Him? <sup>19</sup>As for the idol, a craftsman casts it, A goldsmith plates it with gold, And a silversmith fashions chains of silver. <sup>20</sup>He who is too impoverished for such an offering selects a tree that does not rot; He seeks out for himself a skillful craftsman to prepare an idol that will not totter. <sup>21</sup>Do you not know? Have you not heard? Has it not been declared to you from the beginning? Have you not understood from the foundations of the earth? <sup>22</sup>It is He who sits above the circle of the earth, And its inhabitants are like grasshoppers, Who stretches out the heavens like a curtain And spreads them out like a tent to dwell in. <sup>23</sup>He it is who reduces rulers to nothing, Who makes the judges of the earth meaningless. <sup>24</sup>Scarcely have they been planted, Scarcely have they been sown, Scarcely has their stock taken root in the earth, But He merely blows on them, and they wither, And the storm carries them away like stubble. <sup>25</sup>"To whom then will you liken Me That I would be his equal?" says the Holy One. <sup>26</sup>Lift up your eyes on high And see who has created these stars, The One who leads forth their host by number, He calls them all by name; Because of the greatness of His might and the strength of His power, Not one of them is missing. <sup>27</sup>Why do you say, O Jacob, and assert, O Israel, "My way is hidden from the Lord, And the justice due me escapes the notice of my God"? <sup>28</sup>Do you not know? Have you not heard? The Everlasting God, the Lord, the Creator of the ends of the earth Does not become weary or tired. His understanding is inscrutable. <sup>29</sup>He gives strength to the weary, And to him who lacks might He increases power. <sup>30</sup>Though youths grow weary and tired, And vigorous young men stumble badly, <sup>31</sup>Yet those who wait for the Lord Will gain new strength; They will mount up with wings like eagles, They will run and not get tired, They will walk and not become weary.

B. **((click))** Humility requires a realistic view of self – Rom. 7:18-25; Rom 12:1-3

An honest and realistic view of ourselves is necessary. An inflated view of our worth will cause us to be defensive and argumentative when we are confronted by potential weaknesses. A realistic view of ourselves will also help us to understand that we are inherently weak and easily habituated to sin. With this in mind, we will be more careful and humble around sin, instead of exposing ourselves to evil and expecting to be able to withstand temptations.

*Rom. 7:18-25 For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out. For I do not do the good I want, but the evil I do not want is what I keep on doing. Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me. So I find it to be a law that when I want to do right, evil lies close at hand. For I delight in the law of God, in my inner being, but I see in my members another law waging war against the law of my mind and making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will deliver me from this body of death? Thanks be to God through Jesus Christ our Lord! So then, I myself serve the law of God with my mind, but with my flesh I serve the law of sin.*

*Rom. 12:1-3 Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. <sup>2</sup>And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect. <sup>3</sup>For through the grace given to me I say to everyone among you not to think more highly of himself than he ought to think; but to think so as to have sound judgment, as God has allotted to each a measure of faith.*

C. **((click)) Humility requires a loving view of others.** -- John 13:34,35; I John 4:21;  
Rom. 12:9-10

As we practice loving others the way the Christ has loved us, we will be more willing to participate in the growth process. Our love for others will give us incentive for growth in the areas that are very difficult, like gentleness when we are angry, self-control when we are wrathful, or joy when we are affected by other's negative emotions.

*John 13:34-35 A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another. <sup>35</sup>By this all men will know that you are My disciples, if you have love for one another."*

*I John 4:21 And this commandment we have from Him, that the one who loves God should love his brother also.*

*Rom. 12:9-10 Let love be genuine. Abhor what is evil; hold fast to what is good. Love one another with brotherly affection. Outdo one another in showing honor. Do not be slothful in zeal, be fervent in spirit, serve the Lord.*

### III. **Manifestations of Pride versus Humility**

So how does pride show up in our lives? What does Humility look like? You have an excerpt from the booklet by Stuart Scott, "From Pride to Humility." It lists manifestations of pride versus humility. We'll talk about just a few.

((Teacher, consider reading through the whole booklet "From Pride to Humility" by Stuart Scott in order to be able to elaborate on the following points as class time allows. Be sure list is printed out for group))

**A. Manifestations of Pride** (for Student Notes, list italicized selections that are highlighted. TEACHER make these highlighted points, elaborate and/or discuss others as time permits) (DANYELLE, THAT IS CHRISTY'S SUGGESTION. HOWEVER IF YOU HAVE ENOUGH SPACE TO INCLUDE THE WHOLE LIST I WOULD ENDORSE THAT)

Complaining against or passing judgment on God

A lack of gratitude in general

Anger

Seeing yourself as better than others

Having an inflated view of your importance, gifts, and abilities

Being focused on the lack of your gifts and abilities

Perfectionism

Talking too much

Talking too much about yourself

Seeking independence or control

Being consumed with what others think

Being devastated or angered by criticism

Being unteachable

Being sarcastic, hurtful, or degrading

A lack of service

A lack of compassion

Being defensive or blame-shifting

A lack of admitting when you're wrong

A lack of asking forgiveness

A lack of biblical prayer

Resisting authority or being disrespectful

Voicing preferences or opinions when not asked

Minimizing your own sin and shortcomings

Maximizing others' sin and shortcomings

Being impatient or irritable with others

Being jealous or envious  
Using others  
Being deceitful by covering up sins, faults, and mistakes  
Using attention – getting tactics  
Not having close relationships

**B. Manifestations of Humility** (for Student Notes, list italicized sample selections that are highlighted. TEACHER make these highlighted points, elaborate and/or discuss others as time permits) (DANYELLE, THAT IS CHRISTY'S SUGGESTION. HOWEVER IF YOU HAVE ENOUGH SPACE TO INCLUDE THE WHOLE LIST I WOULD ENDORSE THAT)

**Recognizing and trusting God's character**

Seeing yourself as having no right to question or judge an Almighty or Perfect God

Focusing on Christ

Biblical praying and a great deal of it

Being overwhelmed with God's undeserved grace and goodness

Being thankful and grateful in general toward others

**Being gentle and patient**

Seeing yourself as no better than others

Having an accurate view of your gifts and abilities

**Being a good listener**

Talking about others only if it is good and for their good

Being gladly submissive and obedient to those in authority

Preferring others over yourself

**Being thankful for criticism or reproof**

Having a teachable spirit

Seeking always to build up others

Serving

A quickness in admitting when you are wrong

A quickness in granting and asking for forgiveness

Repenting of sin as a way of life

Minimizing others' sins or shortcomings in comparison to your own

Being genuinely glad for others

Being honest and open about who they are and the areas in which they need growth

Possessing close relationships

**IV. ((click)) The Scriptures give us hope for growing in humility**

**A. ((click)) Christ is the perfect example of humility—Mt. 11:28-29; Phil. 2:5-11**

We can follow the perfect example of humility—our gentle and humble Savior, Jesus Christ!! Remember from the start of the year, we have the Holy Spirit indwelling us (if we have a saving relationship with Christ). This means we also have the power to follow our beautiful Savior's example.

*Matt. 11:28-29 "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, **for I am gentle and humble in heart**, and you will find rest for your souls.*

*Phil. 2:5-11 **Have this attitude in yourselves which was also in Christ Jesus,**<sup>6</sup> who, although He existed in the form of God, did not regard equality with God a thing to be grasped,<sup>7</sup> but emptied Himself, taking the form of a bond-servant, and being made in the likeness of men. **Being found in appearance as a man, He humbled Himself by becoming obedient to the point of death, even death on a cross.**<sup>9</sup> For this reason also, God highly exalted Him, and bestowed on Him the name which is above every name,<sup>10</sup> so that at the name of Jesus every knee will bow, of those who are in heaven and on earth and under the earth,<sup>11</sup> and that every tongue will confess that Jesus Christ is Lord, to the glory of God the Father*

**B. [\(click\)](#) God gives sweet promises for the humble**—Isaiah 57:15; 66:2; James 4:6; I Peter 5:6; Luke 18:14

We conclude this lesson with encouraging and hope-filled passages that elaborate on God's view of the humble and his promises toward them. As we reflect on the lessons we've learned this year, which require our intentional efforts to grow, we can be assured of God's promises to reward those who approach him in humility.

Our hope is that our humble approaches to growth will result in our receiving fresh grace when we need it, so that each day, we increasingly bear more and more of the FRUIT OF THE SPIRIT!

*Isaiah 57:15 For thus says the high and exalted One Who lives forever, whose name is Holy, "I dwell on a high and holy place, And also with the contrite and lowly of spirit In order to revive the spirit of the lowly And to revive the heart of the contrite.*

*Isaiah 66:2 "For My hand made all these things, Thus all these things came into being," declares the Lord. "But to this one I will look, To him who is humble and contrite of spirit, and who trembles at My word.*

*James 4:6 But He gives a greater grace. Therefore it says, "God is opposed to the proud, but gives grace to the humble."*

*I Peter 5:6 Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time,*

*Luke 18:14 I tell you, this man went to his house justified rather than the other; for everyone who exalts himself will be humbled, but he who humbles himself will be exalted."*

**((click)) Optional Memory Verse:** *James 4:6 But He gives a greater grace. Therefore it says, "God is opposed to the proud, but gives grace to the humble."*

**((click)) Homework**

Assign [Worksheet # 8](#). This should be read and completed this week and discussed next week.

**((click)) Table Discussion Questions** (\*\* is also a Large Group Discussion Question)

Application Questions for Humility:

1. \*\* Why does a realistic view of yourself require a high view of God?
2. How do the manifestations of pride affect you?
3. \*\* How do the manifestations of humility affect you?
4. How is Christ's example of humility helpful in our Christian walk?
5. How do God's promises for the humble empower you?

**Table Time Prayer Request Question:**

In what specific ways can we ask Jesus to help you grow in humility this week?

**((click)) Large Group Discussion Question**

Table time discussion questions 1 and 3 will be used for large group discussion.