I. FIRST, WHAT IS HUMILITY?

A. Humility is the main point of the passage we’re looking at today—5:5-7. Peter mentions it three times.

1. In verse 5a— “…you who are younger, submit yourselves to your elders.” Submission is a form of humility.

2. In verse 5b— “…all of you, clothe yourselves with humility.”

3. In verse 6a— “Humble yourselves under God’s mighty hand…”

B. What’s the definition of humility?

1. What it’s not.

   a. It’s not self-degradation or putting yourself down because even this is focusing on yourself.

   b. It’s been said: “Humility isn’t thinking less of yourself, it’s thinking of yourself less”.

2. What it is.

   a. It’s not thinking of yourself at all.

   b. Instead of thinking of yourself we should think of others according to Peter—v.5b— “…clothe yourselves with humility toward one another.”

   c. The Apostle Paul confirms this definition—Phil. 2:3-4.

C. Why should we humble ourselves? Peter gives us four reasons.

1. First, in verse 5b— “…God opposes the proud” (Quote of Proverbs 3:34).

2. Second, in verse 5c— “…God favors the humble.” Favor refers to God’s grace.

3. Third, in verse 6b— “…He (God) will lift your up in due time.”

4. Fourth, in verse 7— “Cast all your anxiety on him because he cares for you.” This means God uses His mighty hand to take care of the humble—Matthew 6:25-30.
II. SECOND, HOW DO WE HUMBLE OURSELVES?

A. First, by putting God ahead of ourselves—v.6 “Humble yourselves, therefore, under God’s mighty hand.”

1. This means submitting ourselves to God’s will—James 4:6-7, 10.

2. Pride, which is the opposite of humility, is the reason we resist submitting to God.

3. Jesus is the supreme example of submitting himself to God—Phil. 2:8 & Matt. 26:39.

4. Why does casting all our anxiety on God demonstrate our humility as verse 7 says--“Cast all your anxiety on him because he cares for you.”

   a. In doing so we are admitting that we have no power over the circumstances in our lives.

   b. Pride doesn’t do this, it depends on self instead of God.

5. There is a reward, according to Peter, for humbling ourselves before God.

   a. Jesus was rewarded for humbling himself before God—Phil. 2:9.

   b. There are two rewards for us when we humble ourselves before God—5:5b-6.

B. The second way we humble ourselves is by putting others ahead of ourselves—5:5b.

   1 Peter 5:5b
   “...clothe yourselves with humility toward one another.”