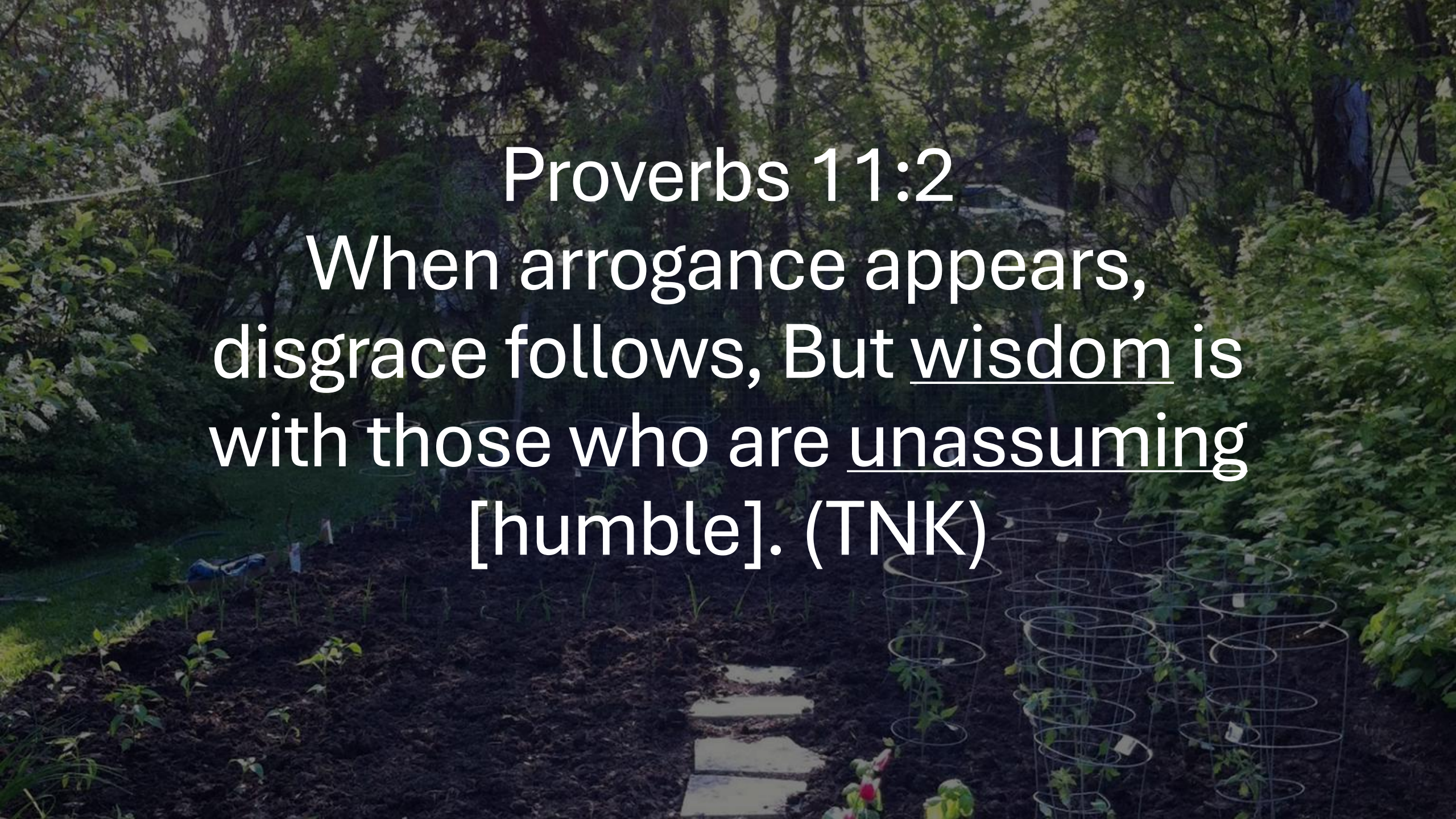


A lush garden scene with a stone path leading through rows of plants. Many plants are supported by wire mesh cages. The background is filled with dense green trees and bushes. The overall lighting is soft, suggesting an overcast day or late afternoon.

Cultivating Humility: Wisdom from the Scriptures

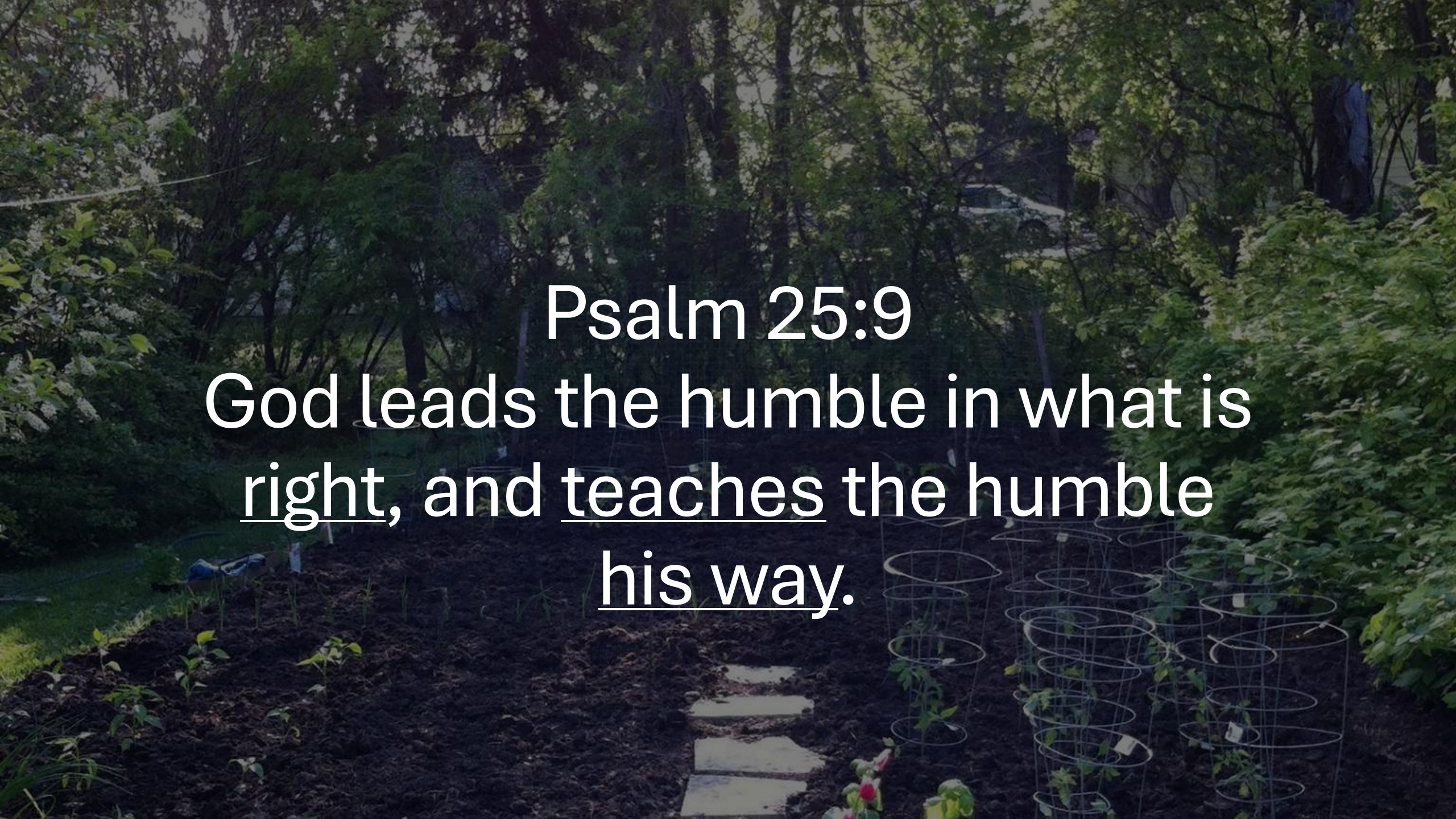
A photograph of a garden path. The path is made of several rectangular stepping stones set in a bed of dark mulch. To the right of the path, there are several tall, cylindrical wire mesh cages, likely for supporting climbing plants. The background is filled with lush green foliage and trees, creating a dense, natural setting. The overall lighting is soft, suggesting an overcast day or late afternoon.

Proverbs 11:2
When arrogance appears,
disgrace follows, But wisdom is
with those who are unassuming
[humble]. (TNK)

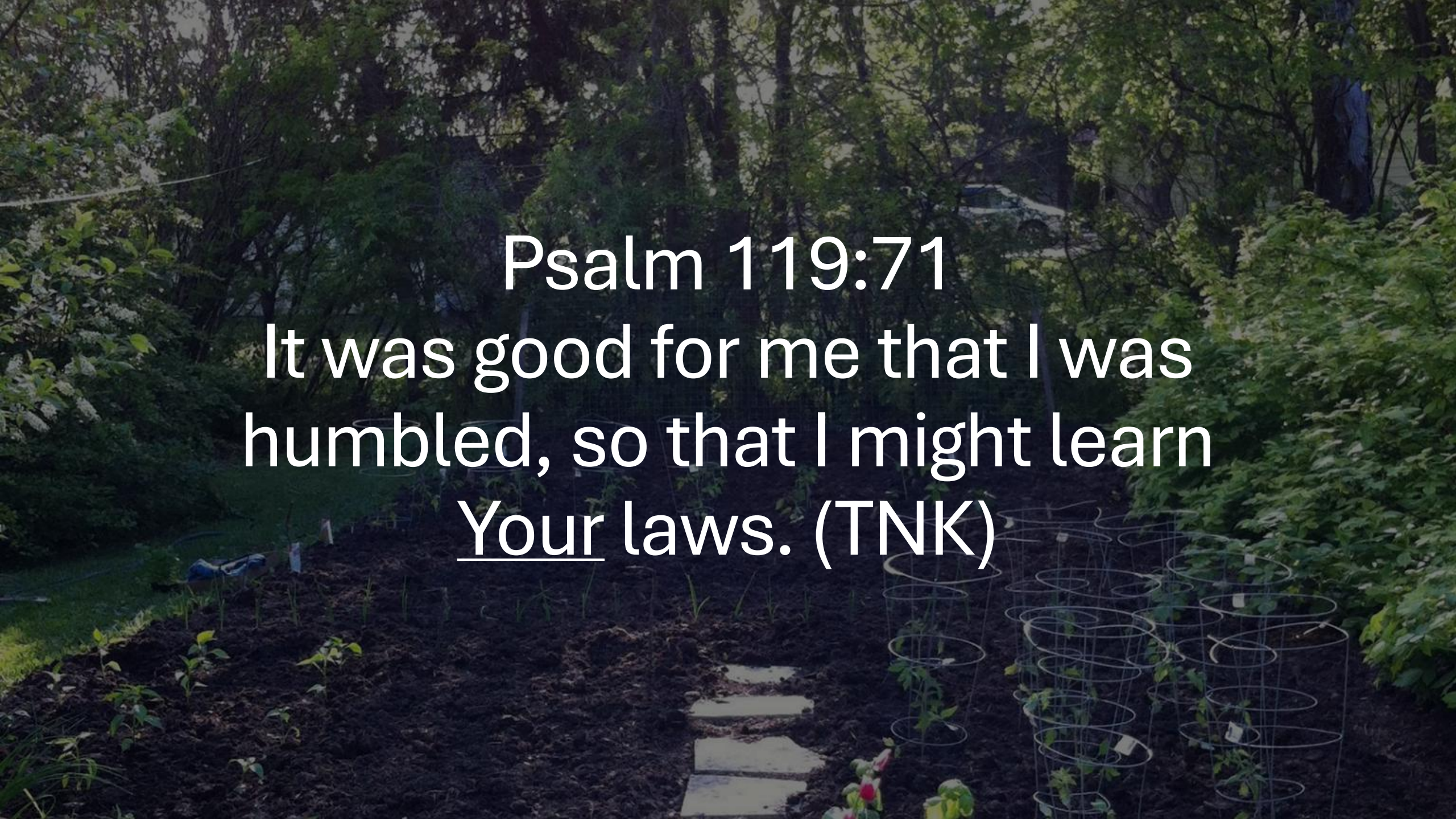
A photograph of a garden path with several stone steps leading through dark mulch. On the right, there are several wire mesh cages for plants. The background is filled with lush green trees and bushes. The text is overlaid in white on a semi-transparent dark background.

Proverbs 18:12

Before destruction [comes] the
heart of man is high, And before
[the coming of] honour is
humility. (YLT)

A photograph of a garden path made of stone slabs, leading through a lush green garden. The path is flanked by various plants, including tall green stalks in wire cages on the right and smaller plants on the left. The background is filled with dense green foliage and trees. The text is overlaid in white on a dark background.

Psalm 25:9
God leads the humble in what is
right, and teaches the humble
his way.



Psalm 119:71
It was good for me that I was
humbled, so that I might learn
Your laws. (TNK)

Obadiah 1:1-4 [context: post-586 destruction of
Jerusalem and Babylonian Exile]

The prophecy of Obadiah. Thus said my Lord
GOD concerning Edom:...

Your arrogant heart has seduced you, You who
dwell in clefts of the rock, In your lofty abode.
You think in your heart, "Who can pull me down
to earth?" (TNK)



Matthew 11:29

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. (NRS)

A photograph of a garden with a stone path leading through rows of plants. Some plants are supported by wire mesh cages. The background is filled with lush green trees and foliage.

Matthew 18:4

Whoever becomes humble like this child is the greatest in the kingdom of heaven.

- teachable?
- dependent?
- trusting?
- innocent?

Philippians 2:5-8

Let the same mind be in you that was in Christ Jesus, who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness. And being found in human form, he humbled himself and became obedient to the point of death-- even death on a cross.

A photograph of a garden path with several stone steps leading through a lush area of green plants and trees. The scene is slightly dimly lit, suggesting an overcast day or a shaded garden. The text is overlaid on the upper half of the image.

Philippians 2:9-11
Therefore God also
highly exalted him

Exaltation is a promise of God but
cannot be reached through our own
selfish will to power and glory

A photograph of a garden path. The path is made of several light-colored rectangular stepping stones set in a bed of dark mulch. To the right of the path, there are several rows of young plants supported by wire mesh cages. The background is filled with dense green foliage and trees. The overall scene is a well-maintained garden.

Cultivating Humility as way to
Grow Healthy Relationships....

...With God

- prayer and worship are acts of
humility

Addressing/adoring/learning from
the Most High (someone above us)
revealed in the
“small things” of the world.

...With God

- serving is an act of humility =

Answering Jesus' call to serve is
obedience to God, not other
masters (wealth, fame, etc.) – “Not
my will...”

...With Life Partners/Spouses

- Humility should be mutual (not gendered) –
e.g. sharing tasks of daily life, sharing power

- Humility seeks the
well-being of the other as the
way to well-being for both
(not a zero-sum game) – “Are you ok? How
can I help?”

...With Life Partners/Spouses

-Humility is being willing to own up to mistakes/failures/betrayals

“I messed up, and I’m sorry. I was wrong. I understand it will take time to heal and am committed to taking that time, however long it may be.”

A lush garden with a stone path and many plants. The background is filled with green foliage and trees. In the foreground, there are several wire mesh plant supports and a path made of flat stones. The overall scene is a well-maintained garden.

...Within family and community

- Humility makes space for others to grow
- Humility looks for and praises the good in others (Positive Regard, again, mutual)

...Within creation

- Humility recognizes that humans are from the *humus*. We are one part of an interdependent web of life.
- Humility seeks to “touch the earth lightly” because our exaltation cannot be at the expense of the exaltation of all creation.

...Within creation

- Humility seeks to repair harmful and broken attitudes and actions towards creation.
- Humility is being content with enough and refusing the cultural impulse towards “more” (riches, cares of the world).

A photograph of a garden path with various plants and trees in the background. The path is made of light-colored stones and is surrounded by dark mulch. There are several wire mesh cages for plants along the path. The background is filled with lush green foliage and trees.

...Within _____

You fill in the blank during worship
response time.....

What practices/actions do you think
encourage humility?

A Blessing Free-Verse Poem: Humility

There is a good way
a way that reaches high up
it requires you to get your hands dirty
it calls you to dig down low
so get in there, be planted
trust me, you will rise above
to the way to Life