***Hello Valley Heights Ladies!*** Reviewing our May 6th Bible Study

*Chapter 10 --- “The Attitudes of a Humble Heart”*

Dr. Stuart Scott in his book, “*From Pride to Humility*,” states that, “it is probably safe to say thathumility *is the one character quality* that will enable us to be all Christ wants us to be.”

We cannot come to God without it.

We cannot love God supremely without it.

We cannot be an effective witness for Christ without it.

We cannot lead in a godly way without it.

We cannot communicate properly without it.

We cannot resolve conflict without it.

We especially cannot resist sin without it. In short, we *must embrace* and *live out humility* in order to truly live and be who God means for us to be. It is for this reason that God exhorts us through Paul:

“Therefore I, the prisoner of the Lord, implore you to walk in a manner worthy of the calling with which you have been called, with all ***HUMILITY*** *and gentleness*.” Ephesians 4:1-2

In this chapter, Martha helps us see that “Pride is such a pervasive sin and God hates it.” (Proverbs 16:5)

She asks the question, **“What is the cure for pride?”**

Ladies, when I think about pride, when I reflect on scripture’s exposure of it, when I hear it come out of my own mouth and see it in my own life and other’s lives, I can’t help think that it is probably one of the most devastating and epidemic ‘incurable diseases’ that man faces without confession and true repentance of it. It’s a *‘disease’* that kills our witness for Christ; that kills our ability to lead and influence others for Christ, it kills relationships, it kills opportunities to serve God and serve others …

“Our culture screams in our ears, ‘Put **yourself** first. **You’re** special. **You’re** significant. **You** have worth. You must have **your** needs met. **Your** self-esteem is important, **you** have a right to feel a certain way,’” You have a right to give **your** opinion and to freely express it...

How often have you heard in Christian circles, “she’s self-conscious about her…”, or “she doesn’t have any self-respect,” or “she needs more self-confidence.” “She needs to be self-supporting, self-reliant and self-assertive.” What about, “She needs to be a self-starter and be self-assured so she can handle any situation that comes her way.” Oh how we can cleverly weave God into our world of self-absorption.

Ladies, this kind of **self-**focus is deadly. It does not lead to self-denial (Luke 9:23:26). A proud woman is a **‘self-worshipper.’** Self-satisfied, self-seeking, and self-willed woman are an abomination in God’s sight because it ultimately leads to self-righteousness and a life independent from God. God hates anything - including our thoughts, attitudes and responses toward Him, others, and our circumstances - that exalts self above Him.

Pride is sin; a *‘disease’* that blinds and deceives. **Pride:** gets easily offended, won’t let things go, becomes instantly angry, overreacts, exaggerates, lacks gratitude, seeks independence and control, makes assumptions, makes excuses, becomes defensive and blame shifts, is impatient and irritable with others, is pushy and manipulative, uses others, brags, critically condemns others, is unteachable, is concerned what others think and how others will perceive you, refuses to listen to instruction, rejects warnings and reproof, ignores and refuses to submit to those in position of authority, is sarcastic, demands and thinks one ‘deserves’ to be heard, apologizes for how one looks, dwells on the past …

I know for me, just taking a quick assessment (*‘temperature’)* of the sin of pride in my life, can leave me feeling quite hopeless and frankly *‘feverish’* by its potential destruction.

Is pride ‘incurable?’ Is pride a ‘terminal disease’ no matter how extensive the treatment of it is? Martha says there is a cure for pride. She simply states, “The cure for pride is HUMILITY.”

Ladies, until we humbly come before the ‘Great Physician’ Himself, asking Him to help us see pride as *He sees it* and learn to recognize pride’s malignancy and how deeply it runs through our ‘own veins,’ we will not be able to see the hopeful and helpful prescription for this deadly disease.

As we place the Word of God in our hands, our ‘Great Physician’ takes His scalpel (the Word of God) in His hand and begins to cut the sin of pride out of our hearts.

The Holy Spirit will then begin to help us **PUT ON A HEART OF HUMILITY** as we:

**P** ray! Each time you are tempted to think or respond in pride, pray for help and mercy. Heb.4:14-16

**U**  nderstand He is God and we are His creatures, here to serve Him as He pleases. Romans 12:3

**T** hink rightly about ourselves. “It is by God’s grace that I am what I am.” 1 Corinthians 15:10

**O** penly show genuine appreciation and admiration for one another by putting them first. Rom.12:10

**N** ote: “God does not illumine His precious truths to those who are arrogant, know-it-alls.” Psalm 25:9

**A** cknowledge that we have been chosen by God and called to be holy and humble. Col.3:12

**H** umbly repent of our pride and begin to “CLOTHE OURSELVES WITH HUMILITY…” 1 Pet.5:5-7

**E** mbrace the reality that God is looking to dwell in people who have the ability to see their sin

**A** nd grieve over it. (Isaiah 57:15)

**R** ealize that “God is opposed to the proud” and He sets Himself against the person that demands

**T** o have his/ her own way. Our Abba, Father knows our hearts and what needs to change. Jam.4:6

**O** utweigh the rewards and enabling grace that God will give to those who seek His help to be humble.

**F**  ocus our thoughts on Jesus Christ who sets the example of true humility for us. Phil.2:5-11

**H**  onour God. “God show me where I’m wrong,” instead of, “I’m right and I will prove it.” Jam.4:10

**U** nceasingly beg God for the attitude of, “teach me,” not, “I know all I need to know.” Ps. 119:33, 34

**M** ake no provision for the flesh by always thinking how everything affects “me” - instead…Phil. 2:3,4

**I** dentify that God delights in those who boast in what He has done, not what “I” have done. Jer.9:23, 24

**L** earn the difference; religion worships self and relationship worships Christ. Lk.18:10-14

**I**  ndividually suffer for confronting others with their sin & presenting the gospel 1 Peter 4:14-16,19

**T** rust God to give us attitudes that are consistent with … “Show me Lord, Help me Lord, Use me Lord”

**Y** ield our wills to His will and give God glory for His enabling grace to walk in humility and gentleness

Ladies, Martha Peace has helped us take at look at the ‘cure for pride,’ which has definitely brought my ‘temperature’ down a bit. Our ‘Great Physician’ has given us the prescribed treatment and the cure for the ‘disease’ of pride with the help of His Word and His Spirit. Praise God!

“Let not the foot of pride come upon me…” Psalm 36:11

Let’s keep looking at the humble life of our dear Saviour. Blessings, Christyn