**Insert #1** – **The Humility Packet** – How2 Be Humble hearwelldone.org

|  |
| --- |
| **What is Humility? What is being humble?**  To be low, unassuming, submissive, not high, lofty, proud or arrogant.  Taking the low place, not seeking greater glory for ones-self.  **Why be Humble?**  If you are humble, you will be exalted. God will exalt you.  If you are humble, and fear the LORD, it’s the beginning of Wisdom  If you are humble, you will be filled with fresh joy from the Lord!  If you are humble, you will rejoice in the Holy One of Israel.  If you are humble, God will sustain you.  If you are humble, God will lift you up. In the perfect time!  If you are humble, God will crown you with salvation.  If you are humble, God will give grace to you. Divine power to live in victory!  If you are humble, God will guide you in what is right. He will teach you His way.  If you are humble, God will give you honor. He will share His honor with you.  If you are humble, you will find rest for your soul.  If you are humble, God will give you an easy burden  If you are humble, God will hear your desires, He will encourage you, He will listen to your cry.  If you are humble, God will hear your words, and come in response to them. The first day!  If you are humble, God will look upon you.  If you are humble, God will be close to you, and save you.  If you are humble, God will not despise you. He will esteem you.  If you are humble, God will live with you, He will revive your spirit, He will revive your heart.  If you are humble, God will not forget your cry.  If you are humble, you will inherit the land. God will delight you with abundant prosperity.  If you are humble, how blessed you will be! You will inherit the earth.  If you are humble, God will judge with fairness on your behalf.  If you are humble, you will eat and be satisfied.  If you are humble, God will give you wealth, honor and life.  If you are humble, with humility comes honor. God will make sure of it.  **How to Be Humble, How to humble yourself, How to walk in humility:**  If pride is the absence of humility, how do you make sure you are humble?  **Humble toward God:**  **Tremble** at His Word. Come into His presence. This is humility.  **Bow down**, seek His face, pray, **turn** from every way that is not His way. This is humility.  **Obey** – this is humility. Do what God tells you and prompts you to do. This is humility.  Be obedient, be **ready** to do whatever is good. This is humility.  **Submit** yourself, your life, your thoughts, your money, your actions, your words, to God. This is humility.  **Plant the Word** of God in you. Accept it. **Remove all** moral filth. This is humility.  **Fast what God tells you**, when God tells you, the fast He has chosen. This is humility.  Tear your robes, weep in His presence. **Be grieved because of sin**. This is humility. |

|  |  |
| --- | --- |
| **A PRISM Topic** is God’s Word on a single subject**. A Relationship Topic:** is a perspective from God’s Word on relationships. A **PRISM Topic Packet** is a grouping of PRISM or Relationship Topics of similar subjects… part of the **M: Meditate on the** **Word** of  **PRISM** – (5 Things You Can Do Daily in God’s Word) - to transform **the way you think**. See [hearwelldone.org](http://www.hearwelldone.org) for PRISM Topics, Relationship Topics, or Packets. Take it with you! | **Ask God what PRISM Topic or Relationship Topic He wants you to meditate on today.** Take your PRISM Topic, Relationship Topic or Packet with you! Come back to them throughout the day!  **“*It is to be with him, and he is to meditate on it day and night, so that he may learn to fear the LORD*…” - Deuteronomy 17:19** |

**Relationship Topic** – How To Be Humble (2) hearwelldone.org

|  |
| --- |
| **Humble toward others:**  Think of others as **more important than you**. This humility.  **Bear with** one another – **overlook** other people’s faults and offenses, **forgive** them. This is humility.  Do not speak **highly of yourself** – just don’t talk about yourself. This is humility.  Do not **exalt yourself**, do not claim to be great. This is humility.  Kindness – **predisposed** to do good to others. This is humility.  **Refuse to say** anything that would lessen their reputation. This is humility.  **Slander no one**, be considerate, promote peace. This is humility.  **Submit** yourself **to** those in **authority**. This is humility.  **Submit** yourself to those who are older, be willing to defer. This is humility.  Be **subject to one another**, take correction, be willing to give up your position or preference. This is humility.  Live in harmony with one another – be ok with **their preferences** over yours. This is humility.  Be willing to **associate with** people of low position. This is humility.  **Do not think** you are better than anyone. This is humility.  Prove humility by doing good deeds. This is humility that comes from wisdom.  Think **moderately of yourself**. This is humility.  Do not be **pre-occupied** with things greater than what God has assigned to you. This is humility.  Be **completely content and faithful** with what God has entrusted to you. This is humility.  The Scriptures that confirm these truths were taken from…  PRISM Topic: Humble  PRISM Topic: Humility |

|  |  |
| --- | --- |
| **A PRISM Topic** is God’s Word on a single subject**. A Relationship Topic:** is a perspective from God’s Word on relationships. A **PRISM Topic Packet** is a grouping of PRISM or Relationship Topics of similar subjects… part of the **M: Meditate on the** **Word** of  **PRISM** – (5 Things You Can Do Daily in God’s Word) - to transform **the way you think**. See [hearwelldone.org](http://www.hearwelldone.org) for PRISM Topics, Relationship Topics, or Packets. Take it with you! | **Ask God what PRISM Topic or Relationship Topic He wants you to meditate on today.** Take your PRISM Topic, Relationship Topic or Packet with you! Come back to them throughout the day!  **“*It is to be with him, and he is to meditate on it day and night, so that he may learn to fear the LORD*…” - Deuteronomy 17:19** |

**PRISM Topic** – Humility hearwelldone.org

|  |
| --- |
| **Humility**:  Considering others more important than yourself.  Modesty, gentleness, meekness, lowly of mind or circumstance, taking the low place, not elevating one’s self.  Webster:  "Freedom from pride, a modest estimate of one's own worth and importance."  Aware of one's unworthiness before God, not better than others.   **Philippians 2:3** - Do nothing out of selfish ambition or vain conceit, but **in humility consider others** better than yourself.  **Proverbs 22:4** - The result of **humility and the fear of the LORD** is wealth, honor and life.  **James 3:13** - Who is wise and understanding among you?  Let him show it by his good life, by deeds done in the humility that comes from wisdom.   **Romans 12:3** - For I say, through the grace given to me, to every man that is among you, **not to think of himself** more highly than he ought to think; but to think soberly, according as God has dealt to every man the measure of faith.   **Ephesians 4:1-3** - As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.  With all humility and gentleness, with patience, bearing with one another in love.  Make every effort to keep the unity of the Spirit through the bond of peace.   **Psalms 131:1** - O LORD, **my heart is not lifted up**; my eyes are not raised too high; I do not occupy myself with things too great and too marvelous for me.    **I Peter 5:5** - Likewise, you younger, **submit yourselves** to the elder.  Yes, all of you be subject to one another, and be clothed with humility: for God resists the proud, and gives grace to the humble.   **I Peter 5:6** - **Humble yourselves** therefore under the mighty hand of God, that he may exalt you in due time:  **Titus 3:1-2** - Remind the people to **be subject to** rulers and authorities, to be obedient, to be ready to do whatever is good, to slander no one, to be peaceable and considerate, and to show true humility toward all men.    **Proverbs 11:2** - When pride comes, then comes disgrace, but **with humility comes wisdom**.   **Proverbs 15:33** - The fear of the LORD teaches a man wisdom, and **humility comes before honor**.   **Proverbs 18:12** - Before his downfall a man's heart is proud, but humility comes before honor.    **I Peter 3:15** - But sanctify the LORD God in your hearts; and always be ready to give an answer to everyone who asks you **a reason** concerning the hope that is in you, **with humility** and fear.  **Psalms 45:4** - In your majesty ride on victoriously on behalf of truth, humility, and righteousness.  Let your right hand display awesome deeds. |

|  |  |
| --- | --- |
| **A PRISM Topic** is God’s Word on a single subject**. A Relationship Topic:** is a perspective from God’s Word on relationships. A **PRISM Topic Packet** is a grouping of PRISM or Relationship Topics of similar subjects… part of the **M: Meditate on the** **Word** of  **PRISM** – (5 Things You Can Do Daily in God’s Word) - to transform **the way you think**. See [hearwelldone.org](http://www.hearwelldone.org) for PRISM Topics, Relationship Topics, or Packets. Take it with you! | **Ask God what PRISM Topic or Relationship Topic He wants you to meditate on today.** Take your PRISM Topic, Relationship Topic or Packet with you! Come back to them throughout the day!  **“*It is to be with him, and he is to meditate on it day and night, so that he may learn to fear the LORD*…” - Deuteronomy 17:19** |

**PRISM Topic** – Humble hearwelldone.org

|  |
| --- |
| Humble:  low, unassuming, unpretentious, submissive, not high, lofty, proud or arrogant.  Having a deep sense of unworthiness before God. Willing to take the low place.  Not seeking greater glory for ones-self.   **Ephesians 4:2** - Be **completely humble and gentle**, bearing with one another in love.  **Matthew 23:12** - For whoever exalts himself will be humbled and whoever humbles himself will be exalted.  **Philippians 2:3** - Do nothing out of selfish ambition or vain conceit, but **in humility, consider others better** than yourself.  **Proverbs 27:2** - Let another praise you and not your own mouth; someone else and not your own lips.  **Philippians 2:5-9** - Your attitude should be the same as that of Christ Jesus: Who, being in the very nature God, did not consider equality with God something to be grasped, but made himself nothing, taking the very nature of a servant, being made in human likeness.  And being found in appearance as a man, he **humbled himself and became obedient** unto death- even death on a cross.  Therefore God exalted him to the highest place and gave him the name that is above every name.  **Matthew 11:29** - Take my yoke upon you, and learn from me, for **I am meek and humble** in heart, and you will find rest for your souls.  For my yoke is easy and my burden is light.  **I Peter 5:5-7** - Young men, in the same way be submissive to those who are older.  All of you, clothe yourselves with humility toward one another, because, "God opposes the proud but gives grace to the humble.  Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.  Cast all your cares on him because he cares for you.   **James 4:6,10** - but He gives us more grace.  That is why Scripture says: God opposes the proud but gives grace to the humble.  Humble yourselves in the sight of the LORD, and he will lift you up.  **2 Chronicles 7:14** - If my people who are called by my name, will **humble themselves** and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land.   **Matthew 18:2-4** - He called a little child and had him stand among them.  And he said:  "I tell you the truth, unless you become like little children, you will never enter the kingdom of heaven.  Therefore, whoever **humbles himself** like this child is the greatest in the kingdom of heaven.  **Proverbs 16:19** - Better to be humble in spirit with the lowly, than to share plunder with the proud.  **Proverbs 29:23** - A man's pride brings him low, but a man of lowly spirit gains honor.  **Psalms 149:4** - For the LORD takes delight in his people; he crowns the humble with salvation. (victory) |

|  |  |
| --- | --- |
| **A PRISM Topic** is God’s Word on a single subject**. A Relationship Topic:** is a perspective from God’s Word on relationships. A **PRISM Topic Packet** is a grouping of PRISM or Relationship Topics of similar subjects… part of the **M: Meditate on the** **Word** of  **PRISM** – (5 Things You Can Do Daily in God’s Word) - to transform **the way you think**. See [hearwelldone.org](http://www.hearwelldone.org) for PRISM Topics, Relationship Topics, or Packets. Take it with you! | **Ask God what PRISM Topic or Relationship Topic He wants you to meditate on today.** Take your PRISM Topic, Relationship Topic or Packet with you! Come back to them throughout the day!  **“*It is to be with him, and he is to meditate on it day and night, so that he may learn to fear the LORD*…” - Deuteronomy 17:19** |

**PRISM Topic** – Humble (2) hearwelldone.org

|  |
| --- |
| **Psalms 10:17** - You hear O LORD the desire of the **humble**; you encourage them and you listen to their cry.  **Psalms 25:9** - He **guides the humble** in what is right and **teaches them his way**.  **Isaiah 29:19** - The **humble will be filled** with fresh joy from the LORD.  The poor will rejoice in the Holy One of Israel.  **Psalms 147:6** - The LORD **sustains the humble**, but casts the wicked to the ground.  **Daniel 10:12** - Then he continued, "Do not be afraid, Daniel.  Since the first day that you set your mind to gain understanding, and **to humble yourself** before you God, your words were heard, and I have come in response to them.  **Proverbs 25:6-7** - Do not exalt yourself in the king's presence, and do not claim a place among great men; it is better for him to say to you, "Come up here," than for him to humiliate you before a nobleman.  **Luke 1:52-53** - He has brought down rulers from their thrones, but has **lifted up the humble**.  He has filled the hungry with good things but has sent the rich away empty.  **Psalms 138:6** - Though the LORD is on high, he looks upon the lowly, but the proud he knows from afar.  **Psalms 34:18** - The LORD is close to the brokenhearted and saves those who are **humble in spirit**.  **Psalms 51:17** - The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.  **Isaiah 66:1-2** - This is what the LORD says:  "Heaven is my throne, and the earth is my footstool.  Where is the house you will build for me?  Where will my resting place be?  Has not my hand made all these things, and so they came into being?  declares the LORD.  "This is the one I esteem: he who is **humble and contrite in spirit** and trembles at my word.  **Deuteronomy 8:2-3** - Remember how the LORD your God led you all the way in the desert these forty years, **to humble you and test you** in order to know what was in your heart, whether or not you would keep his commands.  He **humbled you**, causing you to hunger and then feeding you with manna which neither you nor your fathers had known, **to teach you** that man does not live by bread alone but on every word that comes from the mouth of the LORD.  **Proverbs 3:33-34** - The LORD's curse is on the house of the wicked, but he blesses the home of the righteous.  He mocks proud mockers but gives **grace to the humble**.  **Psalms 18:27** - You **save the humble**, but bring low those whose eyes are proud. |

|  |  |
| --- | --- |
| **A PRISM Topic** is God’s Word on a single subject**. A Relationship Topic:** is a perspective from God’s Word on relationships. A **PRISM Topic Packet** is a grouping of PRISM or Relationship Topics of similar subjects… part of the **M: Meditate on the** **Word** of  **PRISM** – (5 Things You Can Do Daily in God’s Word) - to transform **the way you think**. See [hearwelldone.org](http://www.hearwelldone.org) for PRISM Topics, Relationship Topics, or Packets. Take it with you! | **Ask God what PRISM Topic or Relationship Topic He wants you to meditate on today.** Take your PRISM Topic, Relationship Topic or Packet with you! Come back to them throughout the day!  **“*It is to be with him, and he is to meditate on it day and night, so that he may learn to fear the LORD*…” - Deuteronomy 17:19** |

**PRISM Topic** – Humble (3) hearwelldone.org

|  |
| --- |
| **Romans 12:16** - Live in harmony with one another.  Do not be proud, but be willing to associate with people of low position.  Do not be conceited.  **James 1:21** - Therefore, get rid of all moral filth and the evil that is so prevalent and **humbly accept** the word planted in you, which can save you.  **2 Chronicles 29:11** - Everything in the heavens and earth is yours O LORD, and this is your kingdom.  We adore you as being in control of everything.  Riches and honor come from you alone, and you are the ruler of all mankind.  You hand controls power and might and it is at your discretion that men are made great and given strength.  **I Samuel 2:7** - The LORD sends poverty and wealth; **he humbles** and he exalts.  **Numbers 12:3** -  Now Moses was a very humble man, **more humble** than anyone else on the face of the earth.  **James 1:9-10** - My son, if you have put up security for your neighbor, if you have struck hands in pledge for another, if you have been trapped by what you have said, ensnared by the words of your mouth, then do this my son, to free yourself, since you have fallen into your neighbor's hands:  Go and **humble yourself**; press your plea with your neighbor!  Allow no sleep to your eyes, no slumber to your eyelids.  Free yourself, like a gazelle from the hand of the hunter, like a bird from the snare of the fowler.  **Ezra 8:21** - There, by the Ahava Canal, I proclaimed a fast, so that we might **humble ourselves** before our God and ask him for a safe journey for us and our children, with all our possessions.  **Isaiah 58:5-8** - Is this the kind of fast I have chosen, only a day for a man to **humble** himself?  Is it only for bowing one's head like a reed and for lying on sackcloth and ashes?  Is that what you call a fast, a day acceptable to the LORD?  Is not this the kind of fast I have chosen: to loose the chains of injustice and untie the chords of the yoke?  To set the oppressed free and break every yoke?  Is it not to share your food with the hungry and to provide the poor wanderer with shelter - when you see the naked, to clothe him, and not turn away from your own flesh and blood?  Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the LORD will be your rear guard.    **Isaiah 57:15** - This is what the high and lofty One says - he who lives forever and whose name is holy:  "I live in a high and holy place, but with him also that is of a contrite and **humble spirit**, to revive the spirit of the humble and to revive the heart of the contrite.   **Isaiah 23:8-9** - Who planned this against Tyre, the bestower of crowns, whose merchants are princes, whose traders are renowned in the earth?  The LORD Almighty planned it, to bring low the pride of all glory and **to humble all** who are renowned on the earth.   **Daniel 4:37** - Now I, Nebuchadnezzar, praise and exalt and glorify the King of heaven, because everything he does is right and all his ways are just.  And those who walk in pride **he is able to humble**. |

|  |  |
| --- | --- |
| **A PRISM Topic** is God’s Word on a single subject**. A Relationship Topic:** is a perspective from God’s Word on relationships. A **PRISM Topic Packet** is a grouping of PRISM or Relationship Topics of similar subjects… part of the **M: Meditate on the** **Word** of  **PRISM** – (5 Things You Can Do Daily in God’s Word) - to transform **the way you think**. See [hearwelldone.org](http://www.hearwelldone.org) for PRISM Topics, Relationship Topics, or Packets. Take it with you! | **Ask God what PRISM Topic or Relationship Topic He wants you to meditate on today.** Take your PRISM Topic, Relationship Topic or Packet with you! Come back to them throughout the day!  **“*It is to be with him, and he is to meditate on it day and night, so that he may learn to fear the LORD*…” - Deuteronomy 17:19** |

**PRISM Topic** – Humble (4) hearwelldone.org

|  |
| --- |
| **Isaiah 13:11** - And I will send punishment on the world for its evil, and on the sinners for their wrongdoing; and I will put an end to all pride, and will make low the power of the cruel.  **Psalms 9:12** - When he avenges blood, he remembers them; he forgets not the **cry of the humble**. **Psalms 37:11** - But the **humble will inherit** the land and will delight themselves in abundant prosperity.  **Matthew 5:5** - How blessed are those who **are humble**, because it is they who will inherit the earth.  **Psalms 55:18-19** - He ransoms me unharmed from the battle waged against me, even though many oppose me.  God, who is enthroned forever, will hear them and **humble them** - men who never change their ways and have no fear of God.  **Isaiah 11:4** - but with righteousness he will judge the poor, and decide with equity for the **humble** of the earth.  He will strike the earth with the rod of his mouth; and with the breath of his lips he will kill the wicked.  **Philippians 4:11-13** - Not that I speak from want.  For I have learned to be content in whatever circumstances I am.  I know how to get along with hu**mble means**, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need, I can do all things through him who strengthens me.  **2 Chronicles 34:27** - Because your heart was responsive and you **humbled yourself** before God when you heard what he spoke against this place and its people, and because you humbled yourself before me and tore your robes and wept in my presence, I have heard you, declares the LORD.  **Psalms 22:26** - The **humble** will eat and be satisfied; those who seek the LORD will praise him - your heart shall live forever.   **Colossians 2:18-19** - Do not anyone who delights in **false humility** and the worship of angels disqualify you for the prize.  Such a person goes into great detail about what he has seen, and his unspiritual mind puffs him up with idle notions.  He has lost connection with the Head, from whom the whole body, supported and held together by it's ligaments and sinews, grows as God causes it to grow.  **Colossians 2:20-3:2** - Since you died with Christ to the basic principles of this world, why, as though you still belonged to it, do you submit to its rules:  "Do not handle! Do not taste! Do not touch!?  These are all destined to perish with use, because they are based on human commands and teachings.  Such regulations indeed have an appearance of wisdom, with their self-imposed worship, their **false humility** and their harsh treatment of the body, but they lack any value in restraining sensual indulgence.  Since, then you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God.  Set your minds on things above, not on earthly things.  For you died, and your life is now hidden with Christ in God.   **I Peter 3:8** - But the conclusion is that you should all be in harmony; suffer with those who are suffering, love one another, be merciful and **humble**. |

|  |  |
| --- | --- |
| **A PRISM Topic** is God’s Word on a single subject**. A Relationship Topic:** is a perspective from God’s Word on relationships. A **PRISM Topic Packet** is a grouping of PRISM or Relationship Topics of similar subjects… part of the **M: Meditate on the** **Word** of  **PRISM** – (5 Things You Can Do Daily in God’s Word) - to transform **the way you think**. See [hearwelldone.org](http://www.hearwelldone.org) for PRISM Topics, Relationship Topics, or Packets. Take it with you! | **Ask God what PRISM Topic or Relationship Topic He wants you to meditate on today.** Take your PRISM Topic, Relationship Topic or Packet with you! Come back to them throughout the day!  **“*It is to be with him, and he is to meditate on it day and night, so that he may learn to fear the LORD*…” - Deuteronomy 17:19** |