



Design: Is humble

Indicator #	L3Q04
Category	Character
Indicator	Is humble

	Spiritual	Experiential	Relational	Instructional
1	Meditate on Matthew 5:3-5; 2 Timothy 2:24-26 and 1 Peter 5:5-6. Meditate on positive results that come from humility and the destruction that is caused by pride. Memorize several of these verses.	Each week, intentionally spend some time with young brothers and sisters in your church. Ask about their needs and see what you can do for them.	Invite family, friends, or spiritual mentors who know you well to speak truth in love to you and to build you up with a sincere heart by pointing out times that you have hurt others by your pride.	Study Matthew 5:3-5; 2 Timothy 2:24-26 and 1 Peter 5:5-6.
2	Meditate on 1 Corinthians 13:4-5 and think about what true humility should look like in your life.	Imitate the life of Jesus by washing the feet of someone in your church or family (John 13:1-17).	Pay attention to people who live out a life of humility, listen to their life experiences and suggestions, and apply their advice to your life.	Study Jesus' example of humility throughout His life on earth. What were His motivations and the consequences of His humility? How can you imitate Him in your own life?
3	Meditate on the example of Christ's humility (Philippians 2:1-11; John 13:1-17). Ask God to give you the same heart.	Choose to be happy for one of your rivals (or someone you dislike) when they receive honor from others. Give them sincere affirmation, and if you have hurt them in the past by your prideful actions, admit to them that you were wrong and ask for forgiveness.	Ask people around you to remind you to be humble when you are proud, so that you can make adjustments immediately.	Study Philippians 2:5-11 (the humility of Jesus) and then teach what you have learned to your small group or church.
4	Reflect on the consequences of your past pride. Fast and pray for God to humble you and remove your pride.	Practice seeking others' suggestions or listening to their advice when making decisions. Intentionally work with people whose suggestions or advice are inferior to yours. Listen to their suggestions and invite them to lead something.	Every three months talk with your spiritual mentors or accountability partners about the areas where they see you have improved or still need to grow.	Study Isaiah 14:12-15; John 13:1-17. Write two essays or teach on the subject of "destruction that comes from pride" and "profound influence of humility."
5	Fast and pray that God would humble you under His mighty hand (James 4:10; 1 Peter 5:5-6), and clothe you with humility.	When you are misunderstood by others in serving God, don't explain. Instead, embrace the Cross and imitate the example of Jesus.	Invite intercessors to pray for you, that you would be teachable and humble. Regularly share with them about your struggles in overcoming pride and controlling your motivations.	Find one or two examples of people in the Bible who were humble. What were the results of their humility?
6	Sing or listen to several songs relating to humility; surrender yourself to God and be humble before Him in worship. Declare that you are a vessel for God and all the work that has been achieved through you is the work of God.	Ask for help from marginalized people in your society. Recognize the power they have and seek the help they provide.	Find someone you don't like or who seems "inferior" to you. Put down your prejudices, and look for their merits. Affirm them and invite them to point out your shortcomings and help you grow.	Find one or two examples of people in the Bible who were proud. What were the consequences of their pride?
7	Ask the Holy Spirit to show you any hidden pride. Confess it, repent before God, and receive His grace.	One day a week, put aside the things you depend on, e.g. money, knowledge and eloquence, etc. Go and spend time in a different community without all of those things.		Find and read books on the topic of humility and overcoming pride (ask a spiritual leader for guidance).
8	Make this declaration when you get up every morning: "He must become greater; I must become less. What I do is to please God, not myself."	Try to do one thing that you are not good at. As you do it, pay attention to and seek to understand and admit your limitations.		Lead a team discussion on the benefits of humility vs. the results of pride.
9	Ask the Holy Spirit to reveal the reasons you are proud. Reflect on whether you are protecting something by your pride. Then seek true change from God.	Take initiative to report to your leader and seek suggestions (Galatians 2:2), or to admit your wrong decisions. Take action to follow suggestions and to change.		Listen to audio teachings on Spiritual Life by Malcolm Webber – at least one per week.
10		Make a chart to record and evaluate your growth in humility.		
11		Look for ways to serve those at your ministry or church by doing service tasks like cleaning, making food, etc.		
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