

# **HUMILITY FOR THE JOURNEY PSALM 131**

**Romans 12:3** For I say, through the grace given unto 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 hath dealt to every man the measure of faith. **Romans 12:4** For as we have many members in one body, and all members have not the same office: **Romans 12:5** So we, being many, are one body in Christ, and every one members one of another.

**Romans 12:10** Be kindly affectioned one to another with brotherly love; **in honour preferring one another;**

**Romans 12:16** Be of the same mind one toward another. Mind not high things, but condescend to men of low estate. Be not wise in your own conceits.

**Ephesians 4:2** **With all lowliness and meekness, with longsuffering, forbearing one another in love;**

**Philippians 2:2** Fulfil ye my joy, that ye be likeminded, having the same love, being of one accord, of one mind. **Philippians 2:3** Let **nothing** be done through strife or vainglory; **but** in lowliness of mind **let each esteem other better than themselves.** **Philippians 2:4** Look **not** every man on his own things, **but** every man also on the things of others. **Philippians 2:5** Let this mind be in you, which was also in Christ Jesus:

**Colossians 3:12** Put on therefore, as the elect of God, holy and beloved, **bowels of mercies, kindness, humbleness of mind, meekness, longsuffering;**

**Proverbs 3:7** Be **not** wise in **thine own eyes** (בְּעֵינָיִךְ): Fear the LORD, and depart from evil.

**Proverbs 26:12** Seest thou a man wise in **his own conceit** (בְּעֵינָיו)? There is more hope of a fool than of him.

**Isaiah 5:21** Woe unto them that are wise in **their own eyes** (בְּעֵינֵיהֶם), And prudent in their own sight!

**Humility for the Journey helps us:**

- Will cause you to think **about** yourself less
- Will cause you to **appreciate** others more ...maybe, much more
- Will allow you to like others more
- Will make you better company
- Will make it much easier to work with a team

## **1. Lord, I'm not above anyone else!**

**Psalm 131:1 LORD, My heart is not haughty**, nor mine eyes lofty: Neither do I exercise myself in great matters, or in things too high for me.

Note: heart → eyes → soul (later) → life itself!

Pride & arrogance impacts us **all** AND **all** parts of us!

It certainly has a start in early childhood with competition.

It continues for us **until** / **unless** we realize **not everything** is about competition

## **2. Lord, I don't see myself above anyone else!**

**Psalm 131:1 LORD, My heart is not haughty, nor mine eyes lofty:** Neither do I exercise myself in great matters, or in things too high for me.

How we see ourselves

How we see others

Pride & arrogance **leaks out** of our eyes!

**Proverbs 6:16** These six things doth the LORD hate: Yea, seven are an abomination unto him:

**Proverbs 6:17** **A proud look**, a lying tongue, And hands that shed innocent blood,

**Proverbs 6:18** An heart that deviseth wicked imaginations, Feet that be swift in running to mischief, **Proverbs 6:19** A false witness that speaketh lies, And he that soweth discord among brethren.

### 3. Lord, some things are above me!

**Psalm 131:1** LORD, My heart is not haughty, nor mine eyes lofty: **Neither do I exercise myself in great matters, or in things too high for me.**

A book I read made this recommendation: do something that you have no experience with

When you are feeling a little full of yourself...get out of your comfort zone.

**Romans 12:3** For I say, through the grace given unto 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 hath dealt to every man the measure of faith. **Romans 12:4** For as we have many members in one body, and all members have not the same office: **Romans 12:5** So we, being many, are one body in Christ, and every one members one of another. **Romans 12:6** Having then gifts **differing** according to the grace that is given to us...

This makes it **much easier** to appreciate the contributions of others.

They say that “confession is good for the soul!”

I agree that we need to confess (at least to the Lord):

That we sin

That we are sinners

That we make mistakes

That we don't know everything

That we can't do everything

### 4. Lord, I don't act like I'm above anyone else!

**Psalm 131:2** Surely I have **behaved** and **quieted** myself (נִפְּנֵי), As a child that is weaned of his mother: My soul (נַפְשִׁי) is **even as** a weaned child.

### 5. Lord, you are above everyone else!

**Psalm 131:3** Let Israel hope **in the LORD** From henceforth and for ever.

**Psalm 130:7** Let Israel hope **in the LORD**: For with the LORD there is mercy, And with him is plenteous redemption.

It's hard to trust & hope in the Lord when you are trusting in yourself!