

Life Hack: a trick, shortcut, skill, or method that increases quality, productivity, or efficiency in all walks of life.

Foolproof: incapable of going wrong or being misused.

The Book of Proverbs: _____

- Second-wisest man who ever lived
- 31 chapters - 31 days/month
- The practice of knowledge
- Playlist on random

Humility Scale



3 Unique Truths about Humility:

“To be old & wise you must first be young & _____” - Anonymous

“...humility is nothing but _____.” - Fénelon¹

You cannot _____ humility. - Gary Thomas²

Proverbs 15:31-33 (NKJV)

³¹The ear that hears the rebukes of life will abide among the wise.

³²He who disdain instruction despises his own soul, But he who heeds rebuke gets understanding.

³³The fear of the LORD is the instruction of wisdom, And before honor is humility.”

Proverbs 15:31-33 (NLT)

³¹If you listen to constructive criticism, you will be at home among the wise.

³²If you reject discipline, you only harm yourself; but if you listen to correction, you grow in understanding.

³³Fear of the Lord teaches wisdom; humility precedes honor.”

HUMILITY...

1. Starts with God

2. Listens

3. Submits

4. Serves

5. Learns

6. Considers

7. Receives

8. Forgives

9. Values

10. Gives

11. Admits

12. Knows

13. Trusts

14. Asks

15. Seeks

PRACTICING HUMILITY: (Choose humility—go and get it!)

- **Confront your prejudices** (preconceived opinions that are not based on reason or actual experience): Spend some face-to-face time with someone you tend to struggle with.
- **Ask about listening:** Ask two people close to you how well you listen and how you can improve.
- **Imitate someone you respect:** Watch closely what someone you respect does and doesn't do in ways of humility; then imitate them.
- **Spend some time on your knees** before God.
- **Compliment others:** Encourage others who do something better than you.
- **Admit something:** Admit your faults to someone you've wronged, admit you don't know something, and be honest about struggles you have.

¹Fénelon as quoted by Gary Thomas in *Christian Perfection*, pg. 205

²Gary Thomas as discussed in *Thirsting for God*

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