

How to Daily Weaken Pride and Cultivate Humility

C.J. Mahaney

But this is the one to whom I will look: he who is humble and contrite in spirit and trembles at my word. **Isaiah 66:2** Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you. **1 Peter 5:6**

1) Begin the day acknowledging your dependence upon God and your confidence in God. “Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself?” D Martin Lloyd Jones Set the tone for your day by immediately speaking truth to yourself rather than listening to lies from yourself. Let the truth of person and substitutionary work of Jesus Christ for your sins be where you begin your thoughts, meditation and declarations each day.

2) At the outset of each day express specific gratefulness to God. “Thankfulness is a soil in which pride does not easily grow.” John Stott An ungrateful person is a proud person. Throughout the day be an alert and thankful observer of the post it notes provided by God reminding you of common and saving grace. Remember, whatever grace you receive from God is far more than you deserve and whatever pain and suffering you experience is far less than you deserve.

3) Practice the Spiritual Disciplines “When we fail to wait prayerfully for God’s guidance and strength, we are saying, with our actions if not our lips, that we do not need him.” Charles Hummel Practicing the spiritual disciplines is daily declaration and demonstration of my need for God and my dependence upon God.

4) Seize Your Daily Commute as an Opportunity to Mediate on Scripture. Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers: but his delight is in the law of the Lord and on his law he meditates day and night. **Psalms 1:1-2**

5) Throughout Each Day Cast Your Cares Upon Him. Humble yourselves...casting ALL your anxieties on him, because he cares for you. **1 Peter 5:6-7** The humble are care free. Where there is worry, anxiety, anxiousness there is pride. The root of worry and anxiety is self-sufficiency. God gives grace to those who humble themselves and cast each and every care on him. The effect of this act is the weakening of pride and the experience of peace and joy.

6) At the End of the Day Transfer the Glory to God “When we have done anything praiseworthy, we must hide ourselves under the veil of humility, and transfer the glory of all we have done to God.” Thomas Watson

7) Before Falling Asleep Acknowledge the Purpose of Sleep Prior to falling asleep each night seize this opportunity to acknowledge a purpose of sleep. The need for sleep is a daily reminder that we are creatures not the Creator, that we are not self-sufficient and that only God is self-sufficient. Only God neither slumbers nor sleeps.