



How to Humble Myself?

Servants Preparation Class

Introduction

- What is humbleness?



It's From God, not me!

- *“Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning.” James 1:17.*

It's From God, not me!

- the Lord Jesus Himself says

*“And which of you by worrying
can add one cubit to his stature?”*

Luke 12:25

However . . .

- The spiritual gifts and virtues come from above, but the person has a role to obtain them

What is humility?

- St. Bassillious the Great “Humility is for a person to think that all of the creation is superior than him”
- St. Anthony the Great “Humility is to consider that all of humans are better than you...making sure inside your heart that you have more sins that than them”
- St. Mari-Isaac “Humility is for a person to disgrace himself in everything”

The importance of humility

- Humility is the greatest virtue (~~Self-Pride~~)
- Humility is the basis of the spiritual fight
- With Humility we defeat Satan
- Humility brings the grace of God
- Humility brings peace

How do I obtain the virtue of humility?



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- The Lord Christ said “**learn from Me**, for I am gentle and lowly in heart, and you will find rest for your souls” Matthew 11:29.
- Hence, we learn the humility from God Himself and His loved Son our Lord and God Jesus Christ as follows:

How do I obtain the virtue of humility|?

1. Think of how to make others happy

- The humble person looks like the Lord God who has created all the creation to be happy in Him and with Him. The humble person does not concentrate on himself with selfishness, but rather always think about putting others in front of him and how to make them happy? How to comfort them? How would he act in a way that will comfort the others?
- The person who wants to achieve the humility will always think and act in such a way that will give others precedence to make them happy and to comfort them before himself. That is why the Lord God will look on that humble person from above and give him with grace the virtue of “humility”.
- The Lord Jesus says “But when you are invited (*to a wedding feast*), go and sit down in the lowest place” Luke 14:10

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2. Help in making others succeed

- God is sad when He see us losing our original nature and sin, or fail. He is always there to help us get back on track and succeed
- We should resemble God, the humble person wants and works for others to succeed and feels sad when they fail.
- The humble person would not feel threatened from others' success, instead he wants them to be better than himself

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3. Easily forgive those who offend us

- God in all His mighty is willing to forgive the sins and cast them in the sea of forgiveness. *“Though your sins are like scarlet, They shall be as white as snow; Though they are red like crimson, They shall be as wool.”* Isaiah 1:18.

■ **إِنْ كَانَتْ خَطَايَاكُمْ كَالْقَرْمِزِ تَبْيَضُ كَالنَّجْدِ. إِنْ كَانَتْ حَمْرَاءَ كَالدُّودِيِّ
تَصِيرُ كَالصُّوفِ**

- *“the Son of Man did not come to be served, but to serve, and to give His life a ransom for many.”* Matthew 20:28.

How do I obtain the virtue of humility | ?

4. Encourage Others (for everything)

- The Lord God met with the Samaritan woman which had an extremely bad life in sin. However, He humbled Himself and spoke with her and asked her to give Him to drink.
- Then He found a word of truth in her, so He encouraged her and said “truly you have said”.
- His humility was incredible with the Samaritan woman how He spoke with her about deep subjects and the water of life.
- As a result, she went and preached to the people of Samaria. Indeed, humility builds and arrogance destroys.

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5. Make Humility your way of living

- The Bible says about the Angels “*Are they not all ministering spirits sent forth to minister for those who will inherit salvation?*” Hebrews 1:14.
- The Angels are very strong, only one Angel killed the army of Sennacherib. Despite all that, the Angels took the virtue of Humility from God Himself.
- The Archangel Michael “*dared not bring against him a reviling accusation, but said, “The Lord rebuke you!”*” Judah 1:9. And a heavenly group of Angels lost their humility and fell from their heavenly rank and became a lesson that the Lord in His humility does not accept around Him except the humble ones.

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6. Always come back to it (humility)

- In the book of Nehemiah, when Nehemiah went on to build the fence of Jerusalem, he used to say to the people “*You see the distress that we are in, how Jerusalem lies waste, and its gates are burned with fire. Come and let us build the wall of Jerusalem, that we may no longer be a reproach.*” Nehemiah 2:17
- Before he started the building of the fence, the Lord God allowed him to pass by three doors which are three trainings before he starts the work with God.
- *And I went out by night through the Valley Gate to the Serpent Well and the Refuse Gate, and viewed the walls of Jerusalem which were broken down and its gates which were burned with fire. Then I went on to the Fountain Gate and to the King’s Pool, but there was no room for the animal under me to pass. So I went up in the night by the valley, and viewed the wall; then I turned back and entered by the Valley Gate, and so returned.”*

How do I obtain the virtue of humility|?

6. Always come back to it (humility)

- These three doors are specific symbols of success before the start of the building of the fence of Jerusalem that was destroyed. Meaning that it is regaining of the spiritual life and nourishing it after it was destroyed. This is done by three steps.
 - The first “The Valley Gate” which is a representation of the humility and the required refractivity which is needed for all success and praise.
 - The second door is “The Refuse Gate” which means the door of the garbage. The reason for it after the Valley Gate is the humble person feels that all the materialistic things are garbage and that he can easily loose them for Christ’s sake
 - The third door is the “Fountain Gate” and it is an indication of the Holy Spirit and the waters of the Holy Spirit that cleanse the human soul and gives the enlightening of the mind.

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7. Personal Actions that lead to Humility

- Humility is gained by remembering the falls, waiting for death, dressing up in poor clothes, choosing a calm place, and the acquisition of complete silence.
- Hating to meet with people, just to do things for their sake and to socialize.
- Refrain from judging anyone or tricking any person
- Humble person should not deal/live with ungodly person
- St. Mari-Isaac. “Abide yourself in all of the virtues that I say to you: nutrition, analgesic, silence. All of these bring humility and humility forgives all of the sins” St. Isaiah

Conclusion

- A. The spiritual virtues are grace from God. However, God gives them to the person who does his/her part in asking for them and working for them with all of his/her power
- B. The virtue of humility is the greatest of all virtues
- C. Humility is a grace in the person's soul. It is the house of the Divine. It is for a person to think in all the creation that they are better than him
- D. The importance of humility: It is the base that the spiritual life is built upon and is the base of the work of the Holy Spirit in the human being as well as the base in winning the Kingdom of God.
- E. How do I humble myself? God said "*learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls*" Therefore, we learn the humility lesson from God Himself since He is the Great but he humbled Himself in many things (as mentioned above) and that is humility. This is besides what the fathers of the Church have said (and it is mentioned above Mari-Isaac, and St. Isaiah)

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To be Humble, Refrain from

Judging	Anger	Crumbliness
الإدانة	الغضب	التزمر

- Fr. Dawoud Lamie