



**“True **humility** is not thinking less of yourself; it is thinking of yourself less.” C. S. Lewis**

What do you notice about the person washing the foot and the foot being washed?

Life isn't fair. Pride points this out through comparison because pride desires to win at all costs. Humility doesn't compare, it accepts.

### **To grow Humility in yourself:**

- Acknowledge God each day.
- Express gratitude each morning.
- Use down time to fill your mind with truth.
- Give God your burdens and troubles.

### **Humility is a foundational way of thinking, living and being that leads to rest and freedom.**

*Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. In your relationships with one another, have the same mindset as Christ Jesus: Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!*  
Philippians 2:1-8