

## Humbling Ourselves

“. . .and My people who are called by My name humble themselves and pray and seek My face and turn from their wicked ways, then I will hear from heaven, will forgive their sin and will heal their land.” (2 Chronicles 7:14)

Scriptures such as 2 Chronicles 7:14 tell us that a healthy, God-honoring way to respond when we're desperate is **to humble ourselves**. The logic is pretty simple: Desperate people need grace; God gives grace to the humble; therefore desperate people should humble themselves. James 4:1-10 gives a very direct challenge for each of us to humble ourselves before God.

**Opening Questions:** When you hear someone described as “humble” what traits or associations come to mind? How does such a person think, speak, and act?

### Read James 4:1-10

1. In verses 1 and 2 James asserts that quarrels and conflicts are caused by “pleasures that wage war within [our] members” and by “lust” and “envy.” How have you observed this to be the case?
2. What do we learn about prayer in verses 2 and 3?
3. How does James develop the imagery of “spiritual adultery” in verses 4 and 5? (See also Isaiah 2:2-3, 20, 3:6, etc.)
4. What is the significance of James writing, “But He gives a greater grace”? Why is it appropriate that “God is opposed to the proud, but gives grace to the humble”?

5. In verses 7 through 9 James gives a series of commands that reflect the way a person “humbles himself/herself” when s/he has become a friend of the world. What heart attitudes are being urged?
  
6. Steve mentioned three ways that we can humble ourselves, placing ourselves in a position to experience God’s grace. What has been the fruit of these practices in your life? Have you found these practices to be difficult/challenging? Share your experience concerning any tensions/difficulties you’ve had in humbling yourself in these ways.

***Submit every area of your life to God.***

***Receive the help of others in the body of Christ.***

***Dwell on the humility of Jesus (especially the cross).***

“Every time we look at the cross Christ seems to be saying to us, “I am here because of you. It is your sin I am bearing, your curse I am suffering, your debt I am paying, your death I am dying.” Nothing in history or in the universe cuts us down to size like the cross. All of us have inflated views of ourselves, especially in self-righteousness, until we have visited a place called Calvary. It is there, at the foot of the cross, that we shrink to our true size.” ([The Message of Galatians](#), p. 179)

“How can anyone be arrogant when he stands beside the cross?” (Carl Henry)

Each week we are providing passages that supplement Sunday’s message. This week’s passages that speak of humbling ourselves are:

2 Chronicles 32:20-26

2 Chronicles 33:10-13

Isaiah 66:1-2

Luke 18:9-14

1 Peter 5:1-11