

“Prayer of an Anonymous Abbess”

Lord, you know better than myself that I am growing older and will soon be old. Keep me from becoming too talkative, and especially from the unfortunate habit of thinking that I must say something on every subject and at every opportunity.

Release me from the idea that I must straighten out other peoples' affairs. With my immense treasure of experience and wisdom, it seems a pity not to let everybody partake of it. But you know, Lord, that in the end I will need a few friends.

Keep me from the recital of endless details; give me wings to get to the point.

Grant me the patience to listen to the complaints of others; help me to endure them with charity. But seal my lips on my own aches and pains -- they increase with the increasing years and my inclination to recount them is also increasing.

I will not ask you for improved memory, only for a little more humility and less self-assurance when my own memory doesn't agree with that of others. Teach me the glorious lesson that occasionally I may be wrong.

Keep me reasonably gentle. I do not have the ambition to become a saint -- it is so hard to live with some of them -- but a harsh old person is one of the devil's masterpieces.

Make me sympathetic without being sentimental, helpful but not bossy. Let me discover merits where I had not expected them, and talents in people whom I had not thought to possess any. And, Lord, give me the grace to tell them so.

Amen

Andrew Murray – Quotes about humility:

“Pride must die in you, or nothing of heaven can live in you.”

“Humility is simply the disposition which prepares the soul for living on trust.”

“Our humility before God has no value, except that it prepares us to reveal the humility of Jesus to our fellow men.”

“Humility is the only soil in which the graces root; the lack of humility is the sufficient explanation of every defect and failure. Humility is not so much a grace or virtue along with others; it is the root of all, because it alone takes the right attitude before God, and allows Him as God to do all.”

“Use every opportunity of humbling yourself before your fellow-men as a help to abide humble before God.”

“Pride renders faith impossible.”

“As much as you have pride within you, you have the fallen angel alive in you. As much as you have true humility, you have of the Lamb of God within you.”

“It is necessary to understand that it is not sin that humbles most, but grace.”

“faith and humility are at their root one, and that we can never have more of true faith than we have of true humility. It is possible to have strong intellectual convictions and assurance of the truth while pride is still in the heart, but it makes living faith, which has power with God, impossible.”

“Humility is perfect quietness of heart. It is to expect nothing, to wonder at nothing that is done to me, to feel nothing done against me. It is to be at rest when nobody praises me, and when I am blamed or despised. It is to have a blessed home in the Lord, where I can go in and shut the door, and kneel to my Father in secret, and am at peace as in a deep sea of calmness, when all around and above is trouble.”

Twelve Ways to Humble Yourself

1. Routinely confess your sin to God. **(Luke 18:9-14)** All of us sin and fall short of the glory of God. However, too few of us have a routine practice of rigorous self-honesty examination. Weekly, even daily, review of our heart and behavior, coupled with confession to God, is an essential practice of humility.
2. Acknowledge your sin to others. **(James 3:2, James 5:16)** Humility before God is not complete unless there is also humility before man. A true test of our willingness to humble ourselves is being willing to share with others the weaknesses we confess to God. Wisdom, however, dictates that we do so with others that we trust.
3. Take wrong patiently. **(1 Peter 3:8-17)** This has been a difficult one for me. When something is unjust I want to react and rectify it. However, patiently responding to the unjust accusations and actions of others demonstrates our strength of godly character and provides an opportunity to put on humility.
4. Actively submit to authority...the good and the bad! **(1 Peter 2:18)** Our culture does not value submission; rather it promotes individualism. How purposely and actively do you work on submission to those whom God has placed as authorities in your life? Doing so is a good way to humble yourself.
5. Receive correction and feedback from others graciously. **(Proverbs 10:17, 12:1)** In the Phoenix area, a local East valley pastor was noted for graciously receiving any negative feedback or correction offered. He would simply say "thank you for caring enough to share that with me, I will pray about it and get back to you." Look for the kernel of truth in what people offer you, even if it comes from a dubious source. Always pray, "Lord, what are you trying to show me through this?"
6. Accept a lowly place. **(Proverbs 25:6,7)** If you find yourself wanting to sit at the head table, wanting others to recognize your contribution or become offended when others are honored or chosen, then pride is present. Purpose to support others being recognized, rather than you. Accept and look for the lowly place; it is the place of humility.
7. Purposely associate with people of lower state than you. **(Luke 7:36-39)** Jesus was derided by the Pharisees for socializing with the poor and those of lowly state. Our culture is very status conscious and people naturally want to socialize upward. Resist the temptation of being partial to those with status or wealth.
8. Choose to serve others. **(Philippians 1:1, 2 Corinthians 4:5, Matthew 23:11)** When we serve others, we are serving God's purposes in their lives. Doing so reduces our focus on ourselves and builds the Kingdom of God instead of the Kingdom of self. When serving another costs us nothing, we should question whether or not it is really servanthood.
9. Be quick to forgive. **(Matthew 18: 21-35)** Forgiveness is possibly one of the greatest acts of humility we can do. To forgive is to acknowledge a wrong that has been done us and also to further release our right of repayment for the wrong. Forgiveness is denial of self. Forgiveness is not insisting on our way and our justice.
10. Cultivate a grateful heart. **(1 Thessalonians 5:18)** The more we develop an attitude of gratitude for the gift of salvation and life He has given us, the more true our perspective of self. A grateful heart is a humble heart.
11. Purpose to speak well of others. **(Ephesians 4:31-32)** Saying negative things about others puts them "one down" and us "one up" ...a form of pride. Speaking well of others edifies them and builds them up instead of us. Make sure, however, that what you say is not intended as flattery.
12. Treat pride as a condition that always necessitates embracing the cross. **(Luke 9:23)** It is our nature to be proud and it is God's nature in us that brings humility. Committing to a lifestyle of daily dying to self and living through Him is the foundation for true humility.