

HUMILITY AND GRATITUDE

Memory Verse: Hebrews 12:28

Therefore, since we receive a kingdom which cannot be shaken, let us show gratitude, by which we may offer to God an acceptable service with reverence and awe;

Humility and gratitude are far too uncommon among believers. As those who have been saved by pure grace and mercy, Christians should be abundantly humble and shine as beacons of gratitude toward God. One must maintain a consistent attitude of humility and gratitude in order to continually grow in godliness. A proper understanding and observance of the two ordinances of Jesus Christ, believer's baptism and the Lord's Supper, produces humility and gratitude in the hearts of believers.

I. Humility

Humility is defined as "*a freedom from arrogance that grows out of the recognition that all we have and are comes from God.*"¹ To be humble is to have a proper view of God and self that allows oneself to see himself as God sees him. True humility motivates believers to focus on God and others more than self.

A. The call to humility

1. Read Philippians 2:3-8 and answer the following questions.

a. How does a humble person regard himself in relation to others (v. 3)? _____

b. How does a humble person regard his interests versus those of others (v. 4)? _____

c. What type of attitude should a humble person have (v. 5)? _____

¹ R.F. Youngblood, F.F. Bruce, R.K. Harrison, *Nelson's New Illustrated Bible Dictionary* (Nashville, TN.: Thomas Nelson Publishers, 1995).

- d. How did Christ exemplify humility (vv. 5-8)? _____

2. According to Micah 6:8, what does God require of man? _____

3. How are believers called to show humility in service (Matthew 20:26-28)? _____

4. How are Christians called to walk in humility (Ephesians 4:1-2)? _____

- B. Blessings of humility – Name the blessings described in each of the following verses
1. Proverbs 22:4, 29:23 _____
 2. Isaiah 57:15 _____
 3. Isaiah 66:2 _____
 4. Matthew 5:3 _____
 5. Luke 14:11 _____
 6. James 4:6, 10 _____
- C. Examples of humility – For each of the following verses, list *who* is described as humble and *how* he was humble
1. Mark 10:45 _____
 2. John 13:3-17 _____
 3. Psalm 51:15-17 _____
 4. Joshua 7:6 _____
 5. 1 Chronicles 29:14 _____
 6. Isaiah 6:5 _____
 7. Matthew 3:14, John 3:27-30 _____

Biblical humility is also a recognition that by ourselves we are inadequate, without dignity and worthless. Yet, because we are created in God's image and because believers are in Christ, we have infinite worth and dignity...True humility does not produce pride but gratitude.²

² Ibid.

II. Gratitude

Gratitude, or thanksgiving, is defined as “*the aspect of praise that gives thanks to God for what He does for us.*”³ Thanksgiving is the outward manifestation of a grateful heart.

A. The call to gratitude

1. To whom is thanksgiving to be offered (Psalm 50:14)? _____

2. How is thanksgiving to be offered to God (Psalm 100:4)? _____

3. How many of our actions should be done in a thankful manner (Colossians 3:17)?

4. How often should we offer thanksgiving to God (Hebrews 13:15)? _____
5. For what should we be thankful to God (Ephesians 5:20; 1 Thessalonians 5:18)?

B. Sources and content of gratitude – Match the verses (left) with the sources and/or content of gratitude (right)

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| 1. Psalm 97:12 | His indescribable gift – Jesus Christ |
| 2. Psalm 107:1 | The remembrance of God’s holy name |
| 3. 2 Corinthians 9:15 | The goodness and mercy of God |
| 4. 1 Corinthians 15:57 | God’s grace in election |
| 5. 2 Corinthians 2:14 | Victory through Christ |
| 6. 2 Thessalonians 1:3 | The faith and love exhibited by others |
| 7. 1 Thessalonians 2:13 | The working of God’s Word in others |
| 8. 1 Timothy 1:12 | Triumph in Christ |
| 9. 2 Thessalonians 2:13 | The enablement of Christ |

C. Blessings of gratitude – For each of the following verses, list the blessing(s) associated with thanksgiving

1. Philippians 4:6-7 _____
2. 2 Corinthians 4:15 _____
3. 2 Corinthians 9:10-12 _____

³ Ibid.

D. Examples of gratitude – For each of the following verses, list *who* is described as grateful and *how* he was grateful

1. Matthew 11:25 _____
2. Revelation 4:9-11 _____
3. 1 Timothy 1:12 _____
4. Daniel 2:23, 6:10 _____
5. Jonah 2:9 _____

III. Personal Application

How do the attitudes of humility and gratitude keep us from discontentment, pride, self-will, and stubbornness? How can we implement the principles found in Matthew 18:1-6 into our daily lives? _____
