## Introduction

* 1. There are a number of characteristics that if we practice them, our marriages will improve. Humility being one of those.
	2. Actually, to make a finer point, if we cannot learn to practice humility with our spouse we are not going to be able to practice humility with others to a level that is acceptable to God.
	3. Definition of Humility
		1. : not proud : not thinking of yourself as better than other people
		2. : given or said in a way that shows you do not think you are better than other people
		3. : showing that you do not think of yourself as better than other people
		4. :not proud or haughty : not arrogant or assertive
		5. : reflecting, expressing, or offered in a spirit of deference or submission <a humble apology>
		6. a : ranking low in a hierarchy or scale : insignificant, unpretentious
		7. b : not costly or luxurious <a humble contraption>
	4. Definition of self esteem
		1. Confidence in one's own worth or abilities; self-respect
		2. A confidence and satisfaction in oneself
		3. Reflects an individual's overall subjective emotional evaluation of his or her own worth. It is the decision made by an individual as an attitude towards the self
	5. Are humility and low self-esteem the same things?
		1. No.
		2. Being humble is not about have a low self-worth or about a low self-confidence.
		3. Jesus was humble but clearly has a lot of confidence
		4. A lack of humility is not necessarily an indicator of high self-confidence or self-worth
		5. Actually, I tend to think that humility is an indicator of high self-confidence

## Passages about Humility

* 1. Pro\_15:33 The fear of the LORD is instruction in wisdom, and humility comes before honor.
	2. Pro\_18:12 Before destruction a man's heart is haughty, but humility comes before honor.
	3. Pro\_22:4 The reward for humility and fear of the LORD is riches and honor and life.
	4. Zep\_2:3 Seek the LORD, all you humble of the land, who do his just commands; seek righteousness; seek humility; perhaps you may be hidden on the day of the anger of the LORD.
	5. Act\_20:19 serving the Lord with all humility and with tears and with trials that happened to me through the plots of the Jews;
	6. Eph\_4:2 with all humility and gentleness, with patience, bearing with one another in love,
	7. Php\_2:3 Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves.
	8. Col\_3:12 Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience,
	9. 1Pe\_5:5 Likewise, you who are younger, be subject to the elders. Clothe yourselves, all of you, with humility toward one another, for "God opposes the proud but gives grace to the humble."
	10. Jas\_4:6 But he gives more grace. Therefore it says, "God opposes the proud, but gives grace to the humble."
	11. Jas\_4:10 Humble yourselves before the Lord, and he will exalt you.
	12. 1Pe\_3:8 Finally, all of you, have unity of mind, sympathy, brotherly love, a tender heart, and a humble mind.
	13. 1Pe\_5:5 Likewise, you who are younger, be subject to the elders. Clothe yourselves, all of you, with humility toward one another, for "God opposes the proud but gives grace to the humble."
	14. 1Pe\_5:6 Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you,
	15. Job\_40:11 Pour out the overflowings of your anger, and look on everyone who is proud and abase him.
	16. Job\_40:12 Look on everyone who is proud and bring him low and tread down the wicked where they stand.
	17. Psa\_40:4 Blessed is the man who makes the LORD his trust, who does not turn to the proud, to those who go astray after a lie!
	18. Psa\_94:2 Rise up, O judge of the earth; repay to the proud what they deserve!
	19. Psa\_123:4 Our soul has had more than enough of the scorn of those who are at ease, of the contempt of the proud.
	20. Pro\_15:25 The LORD tears down the house of the proud but maintains the widow's boundaries.
	21. Pro\_16:19 It is better to be of a lowly spirit with the poor than to divide the spoil with the proud.
	22. Pro\_21:4 Haughty eyes and a proud heart, the lamp of the wicked, are sin.
	23. Ecc\_7:8 Better is the end of a thing than its beginning, and the patient in spirit is better than the proud in spirit.

## Examples to Consider

* 1. John 13:3-17 - Jesus washing the disciples feet
		1. John 13:12-17 (NASB) - 12 So when He had washed their feet, and taken His garments and reclined at the table again, He said to them, "Do you know what I have done to you? 13 You call Me Teacher and Lord; and you are right, for so I am. 14 If I then, the Lord and the Teacher, washed your feet, you also ought to wash one another's feet. 15 For I gave you an example that you also should do as I did to you. 16 Truly, truly, I say to you, a slave is not greater than his master, nor is one who is sent greater than the one who sent him. 17 If you know these things, you are blessed if you do them.
		2. What is the point? Is it about washing feet?
		3. How do we apply this passage?
	2. Luke 7:36-39, Woman anointing Jesus with perfume and washing His feet with her hair
		1. What did this say about the woman?
		2. What did others think
	3. Jesus coming to earth in the form of a man
		1. Phil 2:5-8 (NASB) - 5 Have this attitude in yourselves which was also in Christ Jesus, 6 who, although He existed in the form of God, did not regard equality with God a thing to be grasped, 7 but emptied Himself, taking the form of a bond-servant, and being made in the likeness of men. 8 Being found in appearance as a man, He humbled Himself by becoming obedient to the point of death, even death on a cross.
	4. Deut 8:2-7 (NASB) - 2 You shall remember all the way which the Lord your God has led you in the wilderness these forty years, that He might humble you, testing you, to know what was in your heart, whether you would keep His commandments or not. 3 He humbled you and let you be hungry, and fed you with manna which you did not know, nor did your fathers know, that He might make you understand that man does not live by bread alone, but man lives by everything that proceeds out of the mouth of the Lord. 4 Your clothing did not wear out on you, nor did your foot swell these forty years. 5 Thus you are to know in your heart that the Lord your God was disciplining you just as a man disciplines his son. 6 Therefore, you shall keep the commandments of the Lord your God, to walk in His ways and to fear Him. 7 For the Lord your God is bringing you into a good land, a land of brooks of water, of fountains and springs, flowing forth in valleys and hills;
		1. What does this passage say about humility?

## Practical Applications of Humility Towards Your Spouse

* 1. **Do something out of the ordinary and special for your spouse**
		1. Serving your wife dinner on occasion given she has served you many times
		2. Bringing her coffee in the morning while she is getting ready
		3. It does not matter what it is, but you have to pay attention enough to know what your spouse would like or appreciate
	2. You have just **tracked mud the thru the kitchen** and down the hall. Your wife has just cleaned the floors. You are not aware of that. She is furious with you. She raises her voice at you.
		1. You can humbly apologize and clean up the mess
		2. You can apologize and let her clean up the mess
		3. You can get on to her for raising her voice to you and tell her to clean up the mess
	3. You are left with the kids, one of which is a baby in diapers. Your wife will only be gone for 30 minutes but the **baby's diaper needs to be changed**
		1. You can change the diaper even though you really hate to do it
		2. You can leave it till she returns
		3. Which one shows humility?
	4. Your **wife has completely failed to accomplish what you nicely asked her to do** this morning and it was important it got done today. She knew that. She is very irritable when you get home from work. She is short with you and snappy. You ask about the items that needed to be done today. She replies with a disrespectful answer.
		1. You can get angry and rebuke her.
		2. You can ask how her day went and if she needs some help with something
	5. Your husband walks in the door. You are excited to see him as are the kids. You greet him, and kiss him. **He snaps at you and storms off**
		1. You can get mad at his complete lack of consideration and rudeness
		2. You could give him some space, keep the kids away and then offer some dinner in a little while all while not being mad or offended.
	6. One of you have **broken your promise to the kids**. You have completely forgotten about it. Your spouse has called it to your attention.
		1. You can deny it, make excuses or try to blame others.
		2. You can humbly accept responsibility and work to correct the situation
	7. **Have you felt powerless in conversations or arguments with your spouse**?
		1. Do you feel misunderstood, unheard, dismissed, or not respected?
		2. Do you feel like you are in a constant battle of who is right and who is wrong - a power struggle for dominance?
		3. If you do not feel this way, does your spouse feel heard, respected, opinions considered, understood? Be honest with yourself when answering this question. You may even want to ask them
		4. If you want to be heard what do you need to do? Treat others the way you want to be treated.
		5. What if your spouse completely does not listen to or consider anything you say? Treat them the way you want to be treated. Then let them know how you "feel"
		6. What does the Bible say?
			1. Luke 6:30-31 (NASB) - 30 Give to everyone who asks of you, and whoever takes away what is yours, do not demand it back. 31 Treat others the same way you want them to treat you.
				1. We are commanded to act correctly regardless of how we are treated.
				2. We are no longer under this idea of "eye for an eye, tooth for tooth"
			2. Rom 12:17-21 - 17 Never pay back evil for evil to anyone. Respect what is right in the sight of all men. 18 If possible, so far as it depends on you, be at peace with all men. 19 Never take your own revenge, beloved, but leave room for the wrath of God, for it is written, "Vengeance is Mine, I will repay," says the Lord. 20 "But if your enemy is hungry, feed him, and if he is thirsty, give him a drink; for in so doing you will heap burning coals on his head." 21 Do not be overcome by evil, but overcome evil with good.
			3. God's plan to solve issues is to demonstrate right behavior regardless of how others act.
				1. Rom 5:8 (NASB) - But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us.
				2. Matt 6:15 (NASB) - But if you do not forgive others, then your Father will not forgive your transgressions.
				3. This is easy to say and hard to practice.
		7. Do not cross the "line" from being mad and wanting to correct/fix something to wanting to hurt your spouse.
			1. Doing this breaks trust.
				1. Once trust is broken, it is really hard to fix.
				2. Fixing it takes a lot longer than breaking it did.
			2. When you cross "the line" you will too (most likely)
				1. This usually snowballs into a bad argument/fight
				2. It means you sinned and you caused someone else to sin
			3. Never pay back evil for evil. Always stop short of trying to hurt others, especially your spouse

## Practical Ways to Improve Your

* 1. Write down/track in your phone each time during the day you feel “urge to fight back or protest” the situation.
		1. Be sure to log the date/time and your reaction
		2. After a month see if the data indicates you are controlling your reaction. See if there are less times you felt the urge to fight back/protest
	2. Ask your spouses opinion. If you do just listen and do not object to their perception. You are trying toward something about yourself. To see what you cannot perceive
	3. Pay attention to your spouse so that you determine their mood each day. What helps their mood and what hinders it. Then try to do things that help it
	4. Go thru the entire day focusing on doing things that would please your spouse. Other than your eating and cleanliness do nothing for yourself
	5. Let your spouse “win” by not protesting/fighting. As long as something is not sinful you should be able to yield to desire of your spouse.
	6. Say you are "sorry". Do not pretend that you are perfect and never make a mistake, misunderstand, or even hurt your spouse. Your spouse knows better.
	7. Talk with your spouse
		1. Express how you feel avoiding blame when possible.
			1. Ex. When you do \_\_\_\_\_, I feel \_\_\_\_\_. When you do \_\_\_\_ it hurts my feelings
			2. What does that statement mean? How am I to take that statement?
		2. Your tone and body language should be consistent with your words.
		3. Do not let your words "be nice" and your body language or tone be harsh.
	8. If you are about to lose your "cool" or just react when you would prefer not to, excuse yourself from the situation.
		1. Ex. I feel like I about to react inappropriately so please excuse me for a few minutes and then we can resume the conversation.
		2. Can we talk about this later tonight/tomorrow because, I need time to chill/cool down, etc?