

Take 20

A Soul Care Resource

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Take 20 is designed to be used for 20-30 minutes of prayer and reflection. You will find a collection of quotes, Scriptures, and hymns related to a specific topic. At the end, an opportunity is given to practice Scripture-based Reflective Prayer.

From the Editor

Jesus himself is the most profound example of humility we can imagine. The Creator of the universe took on our flesh and gave himself for our salvation. He models for us a life of self-giving love, and calls us to follow him.

Some have said that humility is the first virtue because it removes the primary obstacle to faith—pride—and makes us able to receive God's grace. (See James 4:6.) When we humble ourselves before God, he lifts us up and brings us into the life and love of the Father, Son, and Holy Spirit.

As we seek to grow in humility, it is important to remember that it is not thinking less of ourselves, it is seeing ourselves honestly before God and pouring ourselves out for others. The *Prayer of Humility* on the next page provides a way to examine our hearts and see potential areas of growth.

May you be encouraged as you spend time with God!

Humility

And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross! *Philippians 2:8*



Humility, the place of entire dependence on God, is the first duty and the highest virtue of the creature, and the root of every virtue. And so pride, or the loss of this humility, is the root of every sin and evil.”

—Andrew Murray

Humility is the mother of all virtues; purity, charity and obedience. It is in being humble that our love becomes real, devoted and ardent. If you are humble nothing will touch you, neither praise nor disgrace, because you know what you are. If you are blamed you will not be discouraged. If they call you a saint you will not put yourself on a pedestal.

— Mother Teresa

Sweet Humility

Hymn by Charles E. Orr 1911

Humility, O grace so sweet! Come, dwell within my heart; Oh, press me to my Savior's feet; There lowliness impart.

Come softly from thy throne above, O grace so sweet and fair; Come, touch my heart in gentle love, And scatter meekness there.

O heaven's grace—humility! Thy cherished charm I'll wear; I must be humble, Lord, like Thee, Thy holy image bear.

- ◆ “God opposes the proud but shows favor to the humble.” Submit yourselves, then, to God. Resist the devil, and he will flee from you....Humble yourselves before the Lord, and he will lift you up.

—James 4:6b-7, 10

- ◆ Blessed are the meek for they will inherit the earth

—Matthew 5:5

- ◆ Let the little children come to me and do not hinder them, for the kingdom of God belongs to such as these. Truly I tell you, anyone who will not receive the kingdom of God like a little child will never enter it.

—Luke 18:16b-17

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.

— Andrew Murray

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For this is what the high and exalted One says—he who lives forever, whose name is holy: “I live in a high and holy place, but also with the one who is contrite and lowly in spirit, to revive the spirit of the lowly and to revive the heart of the contrite.”

—Isaiah 57:15

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The greatest among you will be your servant. For those who exalt themselves will be humbled, and those who humble themselves will be exalted.

—Matthew 23:11-12

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Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

—Matthew 11:29-30

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Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.

—Romans 12:3



## *Prayer of Humility*

—Rafael Merry del Val (1865-1930)

*O Jesus, meek and humble of heart, hear me!*

From the desire of being esteemed,  
From the desire of being loved,  
From the desire of being extolled,  
From the desire of being honored,  
From the desire of being praised,  
From the desire of being preferred to others,  
From the desire of being consulted,  
From the desire of being approved,  
*deliver me, O Jesus.*

From the fear of being humiliated,  
From the fear of being despised,  
From the fear of suffering rebukes,  
From the fear of being falsely accused,

From the fear of being forgotten,  
From the fear of being ridiculed,  
From the fear of being wronged,  
From the fear of being suspected,  
*deliver me, O Jesus.*

That others may be loved more than I,  
That others may be esteemed more than I,  
That in the opinion of the world, others may increase and I may decrease,  
That others may be chosen and I set aside,  
That others may be praised and I unnoticed,  
That others may be preferred to me in everything,  
That others may become holier than I, provided that I may become as holy as I should,  
*Jesus, grant me the grace to desire it.*

Please choose one or more of the four Scriptures in the sidebar and pray, using the following steps to guide your time with the Lord:

### Four Stages of Reflective Prayer ©

1. **Read** – Read the verse slowly and prayerfully several times (out loud if possible), savoring the words and letting them sink in. Write down any words or phrases that seem to stand out.
2. **Reflect** – Now begin to think about the words or phrases that stood out to you. Come in faith with the expectation that the Lord will speak to you. Ask him a question such as “What does this mean?” to help you reflect more deeply. You may also think about the passage through the eyes of the author or someone mentioned in the verses. Write down any insights that God gives you.
3. **Respond** – Prayer is a two-way conversation with the Lord. Respond from your heart to what he has been revealing to you in his Word, especially taking time to listen to what he may be saying to you personally. You may want to write out your prayer to God and anything he says to you.
4. **Rest** – At any time, when you begin to sense the presence of the Lord, stop any mental effort you are making and just rest in and enjoy his presence. This is the time to savor the special moment of connection between you and God. Treasure God's Word in your heart.