

## Spiritual Exercises for Humility (from *the Spiritual Disciplines Handbook* by Adele Ahlberg Calhoun)

1. Write a resume of your character, not your expertise. What does this reveal about who you are becoming? Are you on the path to humility? Begin to pray for the character you long to have.
2. If you are quick to draw attention to your good works, begin to do some things anonymously. What is it like for you? What does it mean to you to have only God know?
3. What things are a source of pride to you? What about these things make you proud? How do humility and pride fit together as you think about these things? How do you think God is calling you to think about the things that bring you pride?
4. In Matthew 11:29 Jesus says, "Take my yoke upon you and learn from me, for I am gentle and humble in heart." What are the characteristics of a gentle and humble heart? How are you cultivating a gentle and humble heart?
5. Assess your own image-management quotient: Spend a week intentionally listening to how you speak about yourself to others. Journal when you spin the truth to put yourself in a better light. Can you hear yourself saying, "I never watch TV, but yesterday I saw..." Why is it important for you to be known as someone who doesn't watch TV? When introduced to others, not what you say about yourself and what you want to come out about you. Journal how you respond to another's praise or blame. What would it mean to speak more simply and truthfully about yourself? Ask God to root you in his love and set you free to simply be who you are.

### **Resources on Humility**

*The Gift of Being Yourself* by David Benner