



Humility

Growth Plan Guide
Centennial Covenant Church

What is humility?

“Humility does not mean humiliation. Nor does it mean being a doormat for others, having low self-esteem or curbing your strengths and achievements...Having strong opinions is no hindrance to humility either. One of the failings of contemporary Western culture is to confuse conviction with arrogance...Humility is the noble choice to forgo your status, deploy your resources or use your influence for the good of others before yourself. More simply, you could say that the humble person is marked by a willingness to hold power in service of others.”

---John Dickson, *Humilitas* pg 22-24

Related Character Qualities

Compassion, Teachable, Gracious, Patience/Longsuffering, Vulnerable, Penitent

Cognitive Learning Resources

Note: Not all resources necessarily represent the views of Centennial Covenant Church nor are all resources listed always from a faith-based tradition. The goal is to find the gems in the resource even if not all that is engaged is agreed upon by the reader.

- [Sermon on Humility](#) by Pastor Karl Helvig at CCC.
- [Humilitas: A Lost Key to Life, Love and Leadership](#) by John Dickson
- [Humility](#) by Andrew Murray
- [The Leadership Killer: Reclaiming Humility in an Age of Arrogance](#) by Treasurer and Havlik
- [In the Name of Jesus: Reflections on Christian Leadership](#) by Henri Nouwen
- [A Church Called Tov: Forming a Goodness Culture That Resists Abuses of Power and Promotes Healing](#) by Scot McKnight
- Read or listen to anything regarding Father Greg Boyle, head of Homeboy Industries. He is a man of humility and stands in the lowly place of others. [Start here with this podcast by Krista Tippet.](#)
- [The Theology of the Ordinary](#) by Julie Canlis (a book that will inspire the humility to embrace the ordinary as sacred and beautiful).
- [The Ragamuffin Gospel](#) by Brennan Manning

Practices That May Nurture Humility

Note: Please review *The Spiritual Disciplines Handbook* by Adele Calhoun to see if anything inspires you.

- In various ways you can, delight in others, especially those in a lowly place. Consider the discipline of celebrating others who need encouragement (See the discipline of celebration in *The Spiritual Disciplines Handbook* by Adele Calhoun.) Bake someone a cake, purchase a small gift for another, etc.

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- Work to stand in awe of others rather than in judgement. Find the good, the beauty, etc (even in those you consider to be wrong in their view of something pertinent).
- Practice empathetic listening instead of working to bring solutions to what is shared.
- Practice secret acts of service as a way towards kinship. Do the distasteful task or the task typically that feels underneath or beyond you.
- Practice saying thank you when you are complimented (rather than deflecting the praise).
- Practice deferring to others. Go to the end of the line (literally and figuratively).
- Write notes of gratitude and encouragement to those you struggle with.
- Forgive others, yes! But also seek to be forgiven. If you have been abused, it is often wise to seek a counselor so that you understand the long process of forgiveness of those who have harmed you.
- Practice giving away money that's hard to give or other possessions you love.
- Practice asking for help. If needed, seek counseling for something that has kept you stuck (it takes humility to ask for help and seek counseling).