

# Spiritual Pride – Daily Exercises

*Thoughts and questions for reflection, writing, and prayer to enhance personal growth.*

---

## Day 1

Write about a time that God humbled you. What were some areas of pride that were destroyed at that time?

---

## Day 2

Some people say that it is a bad idea to pray for humility, because then bad things will happen to you. The truth is, that bad things happen to those who are proud, and so growing in humility is one of the best ways to avoid those things in the future. The Bible makes it clear that if we humble ourselves, He will not humble us by embarrassing us or causing bad things to happen to us. God gives grace to the humble. Write about an experience that happened in the last month or so in which you had an opportunity to demonstrate humility. How did you respond to it? Was there a better way to respond to it? Write out what you could have done better.

---

## Day 3

### Memorize

#### **ISAIAH 2:12** (NIV)

The LORD Almighty has a day in store for all the proud and lofty, for all that is exalted (and they will be humbled).

---

## Day 4

When was the last time you felt resentment over someone who was in authority over you? Why were you resentful? Does this point to some pride in your heart, and if so, what was the pride associated with? An example is I was at a Bible study and didn't like the leadership style of the leader so I refused to write down the things they told us to write down because I was feeling resentment that they were the one leading it. This pointed to pride in my heart regarding submitting to someone whom God has placed in a position of authority. My pride was the same kind that led to the rebellion of Satan, who felt he could rule better than God.

---

## Day 5

These verses shed some light on the characteristics of humility versus pride.

### Read - **1 PETER 3:8**

This verse lists humility along with living in harmony and being sympathetic.

What is it about humility that makes it easier to get along with others and love them?

### Read - **DEUTERONOMY 8:2**

What is the link between humility and obedience according to this verse?

### Read - **2 KINGS 22:19**

What were some characteristics of humbling oneself that Josiah demonstrated?

Why are these outward expressions significant to God?