

Defensive Pride – Daily Exercises

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

Day 1

Have you ever responded with anger when someone tried to correct you? What were the feelings you were experiencing? Why did you respond with anger? Write out a negative response you had to correction at some point. What is the correct way to look at correction? What are some ways you can use correction to grow? How do the wise deal with correction?

Day 2

Have you ever discredited the abilities of someone else? Have you compared yourself to others to make yourself feel better? Is it more important to be considered self-sufficient, or to deal with pride in your heart? Make a point to ask someone a question about something that they think of themselves as an expert in today or tomorrow.

Day 3

Memorize

PROVERBS 16:18 (NIV)

Pride goes before destruction, a haughty spirit before a fall.

Day 4

How do you usually try to get attention from others? Do you have a need to be the center of attention, or are you content with not being noticed? Thinking too highly about yourself and thinking too lowly about yourself are symptoms of the same problem. The solution is to spend less time thinking about yourself, and to think more about others and what they want. How can you show love towards them or make their day a little brighter? Caring about what other people are going through is an integral part of being a Christian. When was the last time you did something for the Lord? Did you do it in front of others, or in secret? What are some ways you can do good works in secret, or in a way that they won't be noticed by very many people? The Bible makes it clear that God is the one we should be doing good works to impress, and He sees everything.

Day 5

What areas of ministry are you involved in that are humbling? Becoming humble is a very important character quality, not just for the sake of growing in Christ, but to protect us from falling. Pride often creeps in with spiritual victory and needs to be dealt with quickly and decisively. The more success you experience, the greater the battle against pride. Doing something very humbling that very few know about is a good way to keep our hearts in check. When we get upset because we are not noticed or given the recognition we desire, this is a clear warning sign to us that there is pride that needs to be dealt with. Write out a couple other things you can do to help you deal with pride in your life.