



MENTORING LADIES

MATERIAL

Belief System:

Humility – From Pride and Inferiority to Godly Humility



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1. What Does It Mean to Be Humble?

When we talk about humility, the world and the Word have very different definitions.

According to the **Cambridge Dictionary**, to be humble means “not proud or not believing that you are important.” It can also mean “ordinary; not special or very important.”

The **Collins Dictionary** adds that “to humble or humiliate someone” means to make them realize they are not as good or important as they thought they were.

From a **worldly perspective**, that sounds discouraging — even degrading. The message is: *You're nothing. You're not good enough. Just stay in the background.*

False humility is a belief system from the **enemy** and it manifests as inferiority and intimidation.

This false humility attacks our **identity**. It feeds feelings of **inferiority**, and those feelings begin to shape how we think, react, and see ourselves. Inferiority steals confidence and peace — and it blinds us to how God sees us. Intimidation is where you tell yourself that you are going to stand back because you are humble, but you are actually too intimidated to handle the situation.

2. Inferiority and Pride — Two Sides of the Same Coin

We often think of pride and humility as opposites — but **pride and inferiority** are actually rooted in the same thing: *self-focus*.

When we feel **inferior**, we crave recognition and affirmation. But when we finally get that recognition, it can flip quickly into **pride** — a sense that we are now “enough” on our own.

Pride has a fast metabolism. It always wants to be fed. Pride can also be a mask for inferiority, like the saying: “Small people make other people feel smaller, so that they can feel bigger.” A lot of times you walk into a room with a mask of pride and arrogance, but actually the people are feeling inferior or intimidated by you because of your mask.

Example:

Imagine you're part of a production. You long for the lead role, but your thoughts whisper, "*Why would they pick me? I'm not special enough.*" — that's inferiority. Then the director gives you the part. Suddenly, that self-doubt disappears, replaced with "*I knew I could do it! No one else could do this better than me.*" Now, pride has taken the stage. Both pride and inferiority are about *self*. True humility takes the focus off *me* and places it on *God*.

3. The Danger of False Humility

Colossians 2:18 warns:

"Let no one defraud you of your prize by insisting on mock humility... puffed up by an unspiritual mind."

False humility pretends to be meek but is still rooted in pride — it's a performance, not a posture. Performance is working very hard to please people and prove yourself to look better where posture is a stance you take in God and from which you operate.

Don't obsess over asking, "*Do I have pride?*" Instead, invite the **Holy Spirit** to search your heart and help you *pursue humility*. When you are double questioning and focusing on the pride, you give it exactly what it wants, the attention that was supposed to go to Holy Spirit and God.

4. What Scripture Says About Pride and Humility

- **James 4:6** – "God opposes the proud but gives grace to the humble."
- **Proverbs 29:23** – "A man's pride will bring him low, but a humble spirit will obtain honour."
- **Romans 12:3** – "Do not think of yourself more highly than you ought, but think of yourself with sober judgment..."
- **Philippians 2:3** – "Do nothing out of selfish ambition or vain conceit. Rather, in humility, value others above yourselves."

Each of these verses points us away from self and toward **dependence on God**.

God gives each of us a *measure of faith* — a unique calling, capacity, and grace. Don't compare your measure to someone else's.

Stay connected to the One who gave it to you. Everything you are and do flows from Him. Comparison elicits entitlement and entitlement leads to pride.

5. The Biblical Belief System for Humility

Worldly humility says, “You’re less.” | **Biblical humility** says, “You’re dependent on God.”

Humility in God’s eyes is not weakness — it’s **strength under surrender**. It means recognizing our need for God and valuing others above ourselves, with a modest, selfless attitude.

True humility is seeing ourselves truthfully — fallen and helpless without God, yet deeply loved and made righteous through His grace.

The Hebrew word **anav** means *meek* or *gentle*. The Greek word **tapeinos** means *lowly in spirit*. Both point to a **heart posture** that honours God above self.

6. Walking in Humility

Colossians 3:12–13 says:

“As God’s chosen people... clothe yourselves with compassion, kindness, humility, gentleness, and patience. Bear with one another and forgive as the Lord forgave you.”

Micah 6:8 reminds us:

“What does the Lord require of you? To act justly, to love mercy, and to walk humbly with your God.”

Humility isn’t an optional virtue — it’s a way of *walking with God*. Jesus modelled this perfectly. He, the King of Kings, became a servant — even washing His disciples’ feet, the task reserved for the lowest servant.

“If I, your Lord and Teacher, have washed your feet, you also should wash one another’s feet. I have set you an example...” — **John 13:14–15**

His humility wasn’t weakness — it was love in action.

And He invites us to learn from Him:

“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.” — **Matthew 11:29**

7. Living Out Humility

To walk in true humility is to live from a place of **secure identity**. You are not worthless — you are **chosen, beloved, and called**.

Because you know who you are in Christ, you don't need to strive for attention or validation. You can confidently serve, love, and lead — not for recognition, but for **God's glory**.

With God on your side, nothing is too great for you to handle. You don't need to believe the lies of the world — believe His truth over you.

Stay humble. Stay teachable. Stay dependent on Him. And as you do, His grace will rest upon you.

Prayer: Father God, I recognize that I have been walking with pride/arrogance/false humility/inferiority. Please forgive me and teach me Your ways of walking in humility with You. Open my eyes to the lies of the enemy and open my heart to receive Your Holy Spirit anew to guide me through this journey. I pray that you will continue to search my heart like it says in Romans 8:26-27: ²⁶ In the same way the Spirit [comes to us and] helps us in our weakness. We do not know what prayer to offer or how to offer it as we should, but the Spirit Himself [knows our need and at the right time] intercedes on our behalf with sighs and groanings too deep for words. ²⁷ And He who searches the hearts knows what the mind of the Spirit is, because the Spirit intercedes [before God] on behalf of [\[a\]](#) God's people in accordance with God's will.

So that when I am weak, You are strong. In moments where I fail, You will pick me up and we will try again. Thank You for Your living word that guides us. Amen

8. Let's get practical

How do I attack a belief system rooted in pride and arrogance?

- Confess your pride: Pray daily, asking God to reveal prideful attitudes and confess them as sin. Example: "What is she thinking? I can do that better."
- Pray for humility: Ask God to help you value others while respecting yourself. Like saying 'no' with grace and showing kindness within boundaries.
- Follow Jesus' Example: Identify one person you find difficult to serve and perform a small act of kindness for them.

- Serve others: Perform one selfless act each week, like volunteering without seeking recognition.
- Meditate on Scripture: Start with Proverbs and reflect on how it addresses pride and humility. See how you can apply it in your day to day.
- Welcome correction: Pride makes you resistant to feedback, but embracing correction fosters growth. Ask questions, admit that you are not perfect and you don't know everything.
- Journal: This helps you to stay accountable when you can confess your prideful moments to God, to help you learn to replace pride with humility.