

SCRIPTURE JOURNALING

30 Days of Humility

Focusing on humility is transformative because it fosters personal growth, strengthens relationships, and grounds you in what truly matters. It's a mindset that encourages learning, empathy, and a deeper connection to others.

encouragement faith hope wisdom love trust

- 1. Encourages Personal Growth** – Humility opens your heart to learning and growth. By acknowledging that you don't have all the answers, you remain curious and receptive to new perspectives and opportunities for self-improvement.
- 2. Strengthens Relationships** – Humility fosters empathy and understanding, helping you see others' needs and perspectives more clearly. It allows you to apologize, forgive, and approach conflicts with grace, which deepens your connections with loved ones.
- 3. Promotes Self-Acceptance** – Humility reminds you that it's okay to be imperfect. It frees you from the pressure of always being right or perfect, allowing you to embrace who you are and find peace in your journey.
- 4. Builds Resilience** – By focusing on humility, you can navigate challenges with a steady, grounded mindset. Humility helps you accept setbacks as opportunities to learn and grow rather than sources of defeat.
- 5. Models a Powerful Lesson for Your Kids** – As a mom, practicing humility shows your children the value of self-awareness, kindness, and collaboration. It teaches them to treat others with respect and to embrace life's lessons with an open mind.
- 6. Fosters Gratitude** – Humility helps you recognize the contributions of others and the blessings in your life. By focusing on what you've been given rather than what you lack, you cultivate a spirit of gratitude and contentment.
- 7. Reduces Stress and Conflict** – Humility shifts the focus from ego-driven competition to mutual respect and understanding. It allows you to let go of unnecessary arguments and focus on finding solutions that benefit everyone.
- 8. Keeps You Grounded** – Humility reminds you of your values and what truly matters—family, love, connection, and purpose. It helps you stay anchored in the present rather than chasing superficial achievements or external validation.

thanks courage humility grace joy contentment

Humblyconfidentblog.com

SCRIPTURE JOURNALING

30 Days of Humility

1 Proverbs 11:2

“When pride comes, then comes disgrace, but with the humble is wisdom.”

2 Proverbs 15:33

“The fear of the Lord is instruction in wisdom, and humility comes before honor.”

3 Isaiah 41:13

“For I, the Lord your God, hold your right hand; it is I who say to you, ‘Fear not, I am the one who helps you.’”

4 Ephesians 4:2

“With all humility and gentleness, with patience, bearing with one another in love.”

5 Zephaniah 2:3

“Seek the Lord, all you humble of the land, who do his just commands; seek righteousness; seek humility; perhaps you may be hidden on the day of the anger of the Lord.”

6 2 Chronicles 7:14

“If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.”

7 Philippians 2:3

“Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves.”

8 Micah 6:8

“He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?”

9 Proverbs 22:4

“The reward for humility and fear of the Lord is riches and honor and life.”

10 James 4:10

“Humble yourselves before the Lord, and he will exalt you.”

SCRIPTURE JOURNALING

30 Days of Humility

11 Matthew 18:4

“Whoever humbles himself like this child is the greatest in the kingdom of heaven.”

12 Psalm 25:9

“He leads the humble in what is right, and teaches the humble his way.”

13 Matthew 23:12

“Whoever exalts himself will be humbled, and whoever humbles himself will be exalted.”

14 Proverbs 18:12

“Before destruction a man’s heart is haughty, but humility comes before honor.”

15 Isaiah 66:2

“All these things my hand has made, and so all these things came to be, declares the Lord. But this is the one to whom I will look: he who is humble and contrite in spirit and trembles at my word.”

16 1 Peter 5:5

“Likewise, you who are younger, be subject to the elders. Clothe yourselves, all of you, with humility toward one another, for ‘God opposes the proud but gives grace to the humble.’”

17 1 Kings 21:29

“Have you seen how Ahab has humbled himself before me? Because he has humbled himself before me, I will not bring the disaster in his days.”

18 Colossians 3:12

“Put on then, as God’s chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience.”

19 Job 22:29

“For when they are humbled you say, ‘It is because of pride’; but he saves the lowly.”

20 Proverbs 29:23

“One’s pride will bring him low, but he who is lowly in spirit will obtain honor.”

SCRIPTURE JOURNALING

30 Days of Humility

21 Psalm 34:18

“The Lord is near to the brokenhearted and saves the crushed in spirit.”

22 Isaiah 29:19

“The meek shall obtain fresh joy in the Lord, and the poor among mankind shall exult in the Holy One of Israel.”

23 Proverbs 30:5

“Every word of God proves true; he is a shield to those who take refuge in him.”

24 Proverbs 3:34

“Toward the scorers he is scornful, but to the humble he gives favor.”

25 Isaiah 57:15

“For thus says the One who is high and lifted up, who inhabits eternity, whose name is Holy: ‘I dwell in the high and holy place, and also with him who is of a contrite and lowly spirit.’”

26 Daniel 10:12

“Then he said to me, ‘Fear not, Daniel, for from the first day that you set your heart to understand and humbled yourself before your God, your words have been heard.’”

27 Luke 18:14

“For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted.”

28 Psalm 149:4

“For the Lord takes pleasure in his people; he adorns the humble with salvation.”

29 Psalm 147:6

“The Lord lifts up the humble; he casts the wicked to the ground.”

30 2 Samuel 22:28

“You save a humble people, but your eyes are on the haughty to bring them down.”