

from pride to humility

from pride to humility is a transformative journey explored by philosophers, psychologists, and leaders throughout history. This article delves into the profound shift from pride to humility, examining how pride manifests in our lives, the impact it has on relationships and personal growth, and the essential benefits of cultivating humility. Readers will learn to recognize prideful behaviors, understand the psychological underpinnings of both traits, and discover actionable strategies for embracing humility in everyday life. The discussion will explore the social, emotional, and professional advantages of humility, as well as practical steps for fostering this virtue. Whether you seek personal development or wish to enhance team dynamics, understanding the evolution from pride to humility can unlock greater fulfillment and success. With engaging insights, expert perspectives, and actionable advice, this comprehensive guide serves as a valuable resource for anyone interested in positive change. Read on to discover how the journey from pride to humility can transform perspectives, improve relationships, and foster growth.

- Understanding Pride: Definition and Impact
- The Psychology Behind Pride and Humility
- Recognizing Prideful Behaviors
- Benefits of Embracing Humility
- Strategies for Moving from Pride to Humility
- Humility in Leadership and Teamwork
- Practical Steps for Cultivating Humility
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Understanding Pride: Definition and Impact

Pride is often described as an inflated sense of one's own worth, achievements, or abilities. While a healthy level of self-esteem can motivate individuals and drive ambition, excessive pride can become a barrier to growth and connection. Prideful behavior may emerge as a reluctance to admit mistakes, an unwillingness to accept feedback, or a tendency to place oneself above others. Whether in personal relationships or professional settings, unchecked pride can lead to conflict, isolation, and missed opportunities for learning. Understanding pride is the first step in recognizing its influence on our decisions, interactions, and overall well-being.

The impact of pride extends beyond individuals, affecting teams, organizations, and communities. When pride dominates, collaboration suffers and communication breaks down. This section sets the foundation for exploring why shifting from pride to humility is essential for meaningful relationships, effective problem-solving, and sustained growth.

The Psychology Behind Pride and Humility

Pride and humility are deeply rooted in psychological processes. Pride often stems from a desire for validation, recognition, and self-preservation. It may be reinforced by early experiences, cultural expectations, and social rewards. Conversely, humility arises from self-awareness, empathy, and openness to learning. Psychologists describe humility as a realistic appraisal of one's strengths and weaknesses, coupled with an appreciation for others.

Research highlights that humility is associated with emotional intelligence, resilience, and adaptability. Those who transition from pride to humility often experience lower levels of anxiety and stress, as they are less invested in defending their ego. Understanding these psychological dynamics allows individuals to consciously choose humility over pride, leading to healthier relationships and personal fulfillment.

Recognizing Prideful Behaviors

Identifying prideful behaviors is essential for anyone seeking to move from pride to humility. These behaviors can be subtle or overt, and they often hinder personal and professional growth. Common signs of pride include:

- Difficulty admitting mistakes or shortcomings
- Resistance to feedback or criticism
- Overvaluing personal achievements
- Minimizing the contributions of others
- Feeling threatened by others' success
- Reluctance to ask for help

Recognizing these patterns is the first step toward change. By observing how pride manifests in daily interactions, individuals can begin to challenge these tendencies and open themselves to new perspectives. Self-reflection and honest feedback are critical in this process.

Benefits of Embracing Humility

Shifting from pride to humility yields substantial benefits across various aspects of life. Humility is linked to improved relationships, greater emotional well-being, and enhanced professional success. When individuals embrace humility, they become more approachable, trustworthy, and receptive to growth.

Key benefits of humility include:

- Stronger interpersonal connections
- Enhanced teamwork and collaboration
- Greater willingness to learn and adapt

- Reduced conflict and improved communication
- Increased resilience in the face of challenges

Humility fosters a culture of respect, inclusion, and shared success. This section highlights how adopting humility can positively influence both individual performance and group dynamics.

Strategies for Moving from Pride to Humility

The transition from pride to humility requires intentional effort and self-awareness. Several strategies can help individuals foster humility in their personal and professional lives. These approaches encourage reflection, learning, and empathy, making the process of change sustainable.

1. **Practice Active Listening:** Focus on understanding others before expressing your own viewpoint.
2. **Seek Feedback:** Invite constructive criticism and use it as an opportunity to grow.
3. **Reflect on Limitations:** Acknowledge areas for improvement and embrace vulnerability.
4. **Celebrate Others' Success:** Recognize and appreciate the achievements of colleagues and peers.
5. **Adopt a Growth Mindset:** View challenges as opportunities to learn rather than threats to self-worth.

Implementing these strategies can facilitate gradual change from prideful attitudes to humble perspectives, paving the way for deeper connections and continuous development.

Humility in Leadership and Teamwork

Leaders who move from pride to humility inspire trust, loyalty, and collaboration. Humble leaders are more likely to listen to diverse viewpoints, admit mistakes, and prioritize the needs of their teams. This leadership style fosters innovation, inclusivity, and sustained performance.

In teamwork settings, humility enables individuals to recognize the value of collective effort and shared success. When team members set aside pride, they communicate more openly, resolve conflicts effectively, and support each other's growth. Organizations that encourage humility experience higher employee engagement, retention, and productivity.

Practical Steps for Cultivating Humility

Developing humility is an ongoing process that involves self-reflection, mindfulness, and deliberate practice. By integrating specific actions into daily life, individuals can reinforce humble attitudes and behaviors.

- Engage in regular self-assessment to identify areas for growth
- Express gratitude for guidance and support from others
- Volunteer time and skills to help those in need
- Practice patience and empathy in challenging situations
- Read and learn from diverse perspectives
- Maintain openness to new experiences and ideas

These steps help solidify humility as a core value, influencing decisions, relationships, and overall well-being.

Conclusion and Key Takeaways

The journey from pride to humility is both challenging and rewarding. By understanding the nature of pride, its psychological roots, and the advantages of humility, individuals can make informed choices that promote personal and professional growth. Practical strategies and consistent effort create lasting change, benefiting relationships, teams, and organizations. Humility empowers people to learn, adapt, and thrive in an ever-evolving world, making it an essential quality for success and fulfillment.

Q: What does it mean to go from pride to humility?

A: The transition from pride to humility involves moving away from self-centered attitudes and embracing openness, self-awareness, and respect for others. This shift leads to personal growth, improved relationships, and greater adaptability.

Q: Why is humility important in leadership?

A: Humility in leadership fosters trust, collaboration, and innovation. Humble leaders listen to diverse viewpoints, admit mistakes, and prioritize team success, resulting in higher engagement and performance.

Q: How can someone recognize prideful behaviors in themselves?

A: Prideful behaviors include resisting feedback, overvaluing personal achievements, difficulty admitting mistakes, and reluctance to ask for help. Recognizing these patterns is crucial for personal development.

Q: What are the main benefits of cultivating humility?

A: Key benefits include stronger relationships, enhanced teamwork, greater resilience, improved communication, and increased willingness to learn and adapt.

Q: What practical steps help foster humility?

A: Practical steps include regular self-assessment, expressing gratitude, volunteering, practicing patience and empathy, and maintaining openness to new ideas.

Q: How does humility affect workplace dynamics?

A: Humility improves workplace dynamics by fostering respect, reducing conflict, and encouraging collaboration. Teams with humble members communicate more effectively and support each other's growth.

Q: Can pride ever be beneficial?

A: A healthy sense of pride can motivate achievement and self-confidence. However, excessive pride becomes detrimental, hindering growth and relationships.

Q: Is humility learned or innate?

A: Humility is a trait that can be cultivated through intentional practice, self-reflection, and learning from life experiences.

Q: How does humility impact personal fulfillment?

A: Humility enhances personal fulfillment by promoting authenticity, reducing stress, and fostering deeper connections with others.

Q: What role does feedback play in moving from pride to humility?

A: Seeking and accepting feedback is essential for the journey from pride to humility, as it enables self-awareness, growth, and the ability to embrace change.

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From Pride to Humility: A Journey of Self-Discovery

Introduction:

Have you ever felt the sting of pride, that subtle yet powerful emotion that can inflate your ego and blind you to your flaws? Or perhaps you've experienced the liberating lightness of humility, the quiet strength that comes from acknowledging your limitations and embracing self-awareness? This journey from pride to humility is a common, often challenging, but ultimately rewarding path of self-discovery. This post will explore the nuances of pride and humility, examine the obstacles to embracing humility, and offer practical steps to navigate this transformative process. We'll delve into the psychological and spiritual benefits of cultivating humility, revealing how this shift can profoundly impact your relationships, personal growth, and overall well-being. Prepare to embark on a journey inward, towards a more authentic and fulfilling life.

Understanding the Roots of Pride:

The Seeds of Self-Importance

Pride, at its core, is an excessive belief in one's own abilities, accomplishments, or importance. It's a defense mechanism, often born from insecurity or a deep-seated need for validation. We may cling to pride to protect ourselves from perceived threats to our self-worth. This can manifest in various ways: boasting about achievements, belittling others, resisting criticism, and clinging to control. Understanding the underlying reasons for your pride is the first step towards dismantling it.

Identifying Pride's Manifestations

Recognizing pride's insidious presence in your life is crucial. Does your self-esteem rely heavily on external validation? Do you find yourself constantly comparing yourself to others? Do you struggle to accept constructive criticism or admit mistakes? These are all potential indicators of a reliance on pride. Honest self-reflection is key to uncovering these hidden patterns.

The Transformative Power of Humility:

Embracing Self-Awareness and Vulnerability

Humility isn't about self-deprecation or weakness; it's about acknowledging your limitations while recognizing your inherent worth. It's about embracing vulnerability, admitting mistakes, and learning from failures. It allows you to connect with others on a deeper level, fostering empathy and understanding.

Humility as a Strength, Not a Weakness

Humility is a powerful force that fosters resilience. By acknowledging our imperfections, we become less defensive and more open to growth. We become less afraid of failure, viewing it not as a setback but as an opportunity to learn and improve. This openness allows us to receive constructive criticism without feeling personally attacked.

Navigating the Transition: From Pride to Humility:

Confronting Your Ego

This journey requires courage and self-awareness. It begins with confronting the ego, the part of you that craves validation and clings to pride. This isn't about annihilating your ego but about understanding its motivations and reining in its excesses. Journaling, meditation, and mindfulness practices can be invaluable tools in this process.

Practical Steps Towards Humility

Practice gratitude: Focusing on what you have, rather than what you lack, shifts your perspective from self-centeredness to appreciation.

Seek feedback: Actively solicit constructive criticism from trusted sources and learn to receive it without defensiveness.

Embrace empathy: Try to understand others' perspectives, even if you don't agree with them.

Practice forgiveness: Forgive yourself for past mistakes and extend forgiveness to others.

Serve others: Focusing on helping others shifts the focus away from your own needs and fosters a sense of connection.

The Rewards of Humility:

The Benefits of a Humble Heart

The journey from pride to humility is a profound one. The rewards are numerous and far-reaching. Humility fosters stronger relationships, enhances personal growth, improves mental well-being, and creates a more meaningful life. It allows for authentic connection and genuine intimacy.

A More Fulfilling Life

Ultimately, embracing humility leads to a more fulfilling and authentic life. It allows you to live more genuinely and connect with others on a deeper level. It's a journey of self-discovery that unlocks true

freedom and inner peace. The shift from pride to humility is not a destination but a continuous process of self-improvement and personal growth.

Conclusion:

The transition from pride to humility is a transformative journey requiring self-reflection, courage, and sustained effort. By understanding the roots of our pride, actively cultivating humility, and embracing the lessons along the way, we can unlock a more authentic, fulfilling, and meaningful life. The rewards – stronger relationships, enhanced personal growth, and improved well-being – are well worth the effort.

FAQs:

1. Is humility a sign of weakness? No, humility is not weakness. It's a strength that allows for self-awareness, growth, and genuine connection with others.
2. How can I overcome the fear of appearing weak if I embrace humility? True humility is not about self-deprecation; it's about acknowledging your limitations while recognizing your inherent worth. Authenticity is more powerful than the fear of appearing weak.
3. What if I struggle to accept constructive criticism? Start small. Practice actively listening without interrupting. Focus on understanding the feedback, not on defending yourself.
4. How can I cultivate gratitude in my daily life? Keep a gratitude journal, consciously notice positive aspects of your day, and express appreciation to others.
5. Is it possible to completely eliminate pride? Complete elimination of pride may be unrealistic, but striving for a balanced perspective, where your sense of self-worth isn't dependent on external validation, is achievable and beneficial.

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Burns shows how biblical humility overcomes pride, leading to greater rewards.

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of stubbornness, the pride of superiority, and the pride that is not a sin. Following this journey, six weeks are spent contemplating what it means to grow in humility.

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from pride to humility: Humility C. Peter Wagner, 2011-08-29 If the summation of the gospel

is to love God with all our hearts and our neighbor as ourselves, then the essence of how we fulfill that commandment is found in clothing ourselves in an attitude of humility. First we walk humbly with God; then we practice humility toward our fellow human beings. Becoming a humble person is God's will for every believer, but it is every individual's choice. If we do not choose to walk humbly but instead choose to exalt ourselves, God will humble us in a way that we would never have chosen. This character quality is so dear to God's heart that it is the key to walking closely with Him and finishing life well.

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Christian life--become a normal part of our everyday lives? Jerry Bridges sees in the Beatitudes a series of blessings from Jesus, a pattern for humility in action. Starting with poverty in spirit--an acknowledgment that in and of ourselves we are incapable of living holy lives pleasing to God--and proceeding through our mourning over personal sin, our hunger and thirst for righteousness, our experience of persecutions large and small, and more, we discover that humility is itself a blessing: At every turn, God is present to us, giving grace to the humble and lifting us up to blessing.

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from pride to humility: Freedom of Self Forgetfulness Timothy J. Keller, 2012-05-04 What are the marks of a supernaturally changed heart? This is one of the questions the Apostle Paul addresses as he writes to the church in Corinth. He's not after some superficial outward tinkering, but instead a deep rooted, life altering change that takes place on the inside. In an age where pleasing people, puffing up your ego and building your resume are seen as the methods to make it, the Apostle Paul calls us to find true rest in blessed self forgetfulness. In this short and punchy book, best selling author Timothy Keller, shows that gospel humility means we can stop connecting every experience, every conversation with ourselves and can thus be free from self condemnation. A truly gospel humble person is not a self hating person or a self loving person, but a self forgetful person. This freedom can be yours...

from pride to humility: Humbled David Mathis, 2021-09-14 How do I humble myself? Humility, according to the Bible, is not something we can just up and do. Both the negative and positive examples of Scripture—from Pharaoh to Rehoboam, from Josiah to Ahab, from Hezekiah to Manasseh, and even to Christ himself—teach us that humility first comes from the hand of God. He initiates the humbling of his creatures. And once he has, the question confronts us: Will you receive it? Will you humble yourself in response to his humbling hand, or will you kick against him? This concise, accessible study of Scripture's humble-self language uncovers two surprising lessons about the pursuit of humility in the Christian—both what we cannot do and also what steps we can take.

from pride to humility: Breaking Pride Heather Bixler, 2012-03-08 So many of us desire freedom - the freedom that is promised to us when we decide to follow Jesus. The freedom from the burden of our sin, the need to be good enough, anger, jealousy, and envy. Even though we are believers we would be ashamed to say that we don't always experience peace, contentment, and joy in our life. We are looking for the grace that God has so graciously given to us to be real in our life... Breaking Pride is an eBook based on one simple truth: In order to walk in God's grace we need to tear down the the walls of pride. A lot of believers, even though saved by God's grace, are still walking in pride rather than walking in His grace. Knowing what pride is and learning to identify pride in your life is the first step to overcoming a life filled with pride. Pride is rooted in fear and leads to anger, jealousy, and envy. Sin isn't keeping us from having a relationship with the Lord, it's our pride. So many of us long to have an authentic and REAL relationship with the Lord, and we long to have the fruit of the spirit filled in our heart. Our desire is to achieve these fruits through will power. But we do not even realize that the pride that lives within our heart is what is blocking the fruit of the spirit from living within us. In Breaking Pride you will learn to identify different areas of pride in your life. Filled with encouragement, Breaking Pride will take you through a practical reading of what pride may look like in your life... Let's stop building walls of pride and start building the foundation of grace within our lives...

from pride to humility: Patience and Humility William Bernard Ullathorne, 1998 Lasting happiness through patience & humility. Learn how to develop these virtues without which heroism, self-denial, and martyrdom are worthless. Learn why Jesus said that to save your life, you must lose it, and see how happiness can be found in self-surrender.

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Beyond Personality by the acclaimed author of *The Chronicles of Narnia*.

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from pride to humility: Don't Lose Heart Jason Meyer, 2019-10-15 A fallen world is full of reasons to lose heart. From the large-scale tragedies of war, famine, and natural disasters, to the more personal tragedies of broken relationships and broken dreams, it can be difficult to avoid discouragement—even for the believer. And yet, Scripture calls us to a life of hope, based not on wishful thinking or avoiding our problems but based on who God is, what he has done, and what he is still doing. In this short, giftable book, pastor Jason Meyer shows you that though the reasons for discouragement seem strong, the reasons we have to take heart and hold on to hope are stronger yet. Through biblical truth and personal stories, Meyer encourages the weary and anxious believer by shining light on the nature of reality, the nature of God, and the intersection of the two in our daily, rubber-meets-the-road lives. The result is a book that lifts our spirits in a world that too often seeks to drag us down.

from pride to humility: From Values to Action: The Four Principles of Values-Based Leadership Harry M. Jansen Kraemer, Jr., 2011-04-19 Silver Medal Winner, Business and Leadership, 2012 Nautilus Book Awards Respected former CEO, professor, and speaker examines what it takes to become a values-based leader In this highly-anticipated book, Harry Kraemer argues that today's business environment demands values-based leaders who, in doing the right thing, deliver outstanding and lasting results. The journey to becoming a values-based leader starts with self-reflection. He asks, If you are not self-reflective, how can you know yourself? If you do not know yourself, how can you lead yourself? If you cannot lead yourself, how can you lead others? Kraemer identifies self-reflection as the first of four principles that guide leaders to make choices that honor their values and candidly recounts how these principles helped him navigate some of the toughest challenges he faced in his career. Offers a framework for adopting the principles of values-based leadership—self-reflection, balance, true self-confidence, and genuine humility—to lead organizations effectively Based on Kraemer's popular Kellogg MBA course on values-based leadership A recognized expert in values-based leadership, Kraemer is a sought after speaker on the subject Lively and engaging, Kraemer's book comes at a critical time when true leadership in every facet of society is desperately needed. All of Harry's proceeds from the book sales are donated to the One Acre Fund in Africa.

from pride to humility: The Routledge Handbook of Virtue Epistemology Heather Battaly, 2018-09-04 What is an epistemic virtue? Are epistemic virtues reliable? Are they motivated by a love of truth? Do epistemic virtues produce knowledge and understanding? How can we develop epistemic virtues? The Routledge Handbook of Virtue Epistemology answers all of these questions. This landmark volume provides a pluralistic and comprehensive picture of the field of virtue epistemology. It is the first large-scale volume of its kind on the topic. Composed of 41 chapters, all published here for the first time, it breaks new ground in four areas. It articulates the structure and features of epistemic virtues. It provides in-depth analyses of 10 individual epistemic virtues. It examines the connections between epistemic virtue, knowledge, and understanding. It applies virtue epistemology, and explores its impact on related fields. The contributing authors are pioneers in the study of epistemic virtue. This volume is an outstanding resource for students and scholars in philosophy, as well as researchers in intersecting fields, including education, psychology, political science, and women's studies.

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theological abstract imposed on the Bible but as a doctrine that is organically presented throughout the biblical narrative. As students, pastors, and church leaders come to see the centrality of covenant to the Christian faith, the more the church will be strengthened with faith in the covenant-keeping God and encouraged in their understanding of the joy of covenant life.

from pride to humility: Battling Unbelief John Piper, 2009-01-16 Pastor John Piper shows how to sever the clinging roots of sin that ensnare us, including anxiety, pride, shame, impatience, covetousness, bitterness, despondency, and lust in *Battling Unbelief*. When faith flickers, stoke the fire. No one sins out of duty. We sin because it offers some promise of happiness. That promise enslaves us, until we believe that God is more desirable than life itself (Psalm 63:3). Only the power of God's superior promises in the gospel can emancipate our hearts from servitude to the shallow promises and fleeting pleasures of sin. Delighting in the bounty of God's glorious gospel promises will free us for a less sin-encumbered life, to the glory of Christ. Rooted in solid biblical reflection, this book aims to help guide you through the battles to the joys of victory by the power of the gospel and its superior pleasure.

from pride to humility: Finally Free Heath Lambert, 2013-08-06 Eight gospel-centered strategies for overcoming the lure of pornography and finally breaking free. This book is not about pornography. You won't find graphic depictions about the porn industry, the catastrophic effects it has on individuals and relationships, or how to think differently about porn. If you're reading this book, you probably have some understanding of those things already—the last thing you need is to be subjected to that kind of detail...again. *Finally Free* is about hope. It's about discovering the freeing power available to those who trust in Jesus Christ, who can, will, and does set people free from the power of pornography. Dr. Heath Lambert, a leader in the biblical counseling movement, has organized this book around eight clear and practical tactics you can wield to make it easier to flee lust and temptation and shelter in the protection of God's grace. Each chapter: Clearly demonstrates how the gospel applies to the fight against sexual temptation. Lays out relevant methods for leaning on Christ's strength—both in advance of and in moments of temptation. Explains how Jesus can move readers from a life of struggle to a life of purity. If you've struggled personally against the powerful draw of pornography, or if you've ever tried to help someone fighting this battle, you know how hard it is to break its bonds. But there is good news: no matter how intense or long-standing the struggle, Jesus Christ has the power to free people from the enslaving power of pornography. The Gospel has a power that works practically in the lives of those who seek to imitate Christ—and you can learn how to live into that power.

from pride to humility: Fierce Marriage Ryan Frederick, Selena Frederick, 2018-04-17 Ryan and Selena Frederick were newlyweds when they landed in Switzerland to pursue Selena's dream of training horses. Neither of them knew at the time that Ryan was living out a death sentence brought on by a worsening genetic heart defect. Soon it became clear he needed major surgery that could either save his life—or result in his death on the operating table. The young couple prepared for the worst. When Ryan survived, they both realized that they still had a future together. But the near loss changed the way they saw all that would lie ahead. They would live and love fiercely, fighting for each other and for a Christ-centered marriage, every step of the way. *Fierce Marriage* is their story, but more than that, it is a call for married couples to put God first in their relationship, to measure everything they do and say to each other against what Christ did for them, and to see marriage not just as a relationship they should try to keep healthy but also as one worth fighting for in every situation. With the gospel as their foundation, Ryan and Selena offer hope and practical help for common struggles in marriage, including communication problems, sexual frustration, financial stress, family tension, screen-time disconnection, and unrealistic expectations.

from pride to humility: Pride's Consequences and Humility's Blessing Luis C. Ruiz, 2012-10 Dr. Luis Ruiz thoughtfully deals with the issue of pride, using sensitivity and wisdom. This book will help you identify pride, its evil works and its consequences. It will instruct you on how to bring pride into submission using Scripture. It does not only present the dangers of an unbridled pride, but it also presents its antidote, HUMILITY, and the blessedness of it. Within each chapter, you will find

truth-filled Scriptures and wise reflections that will move you to search within the depths of your heart. Human beings should be the least proud, yet are the most prone to arrogance. A proud heart... is sin Pro. 21:4

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from pride to humility: Finding I Am - Bible Study Book with Video Access Lysa TerKeurst, 2022-03-15 What is the deep cry of your heart? The ache in your soul just waiting to be fulfilled? The prayer you keep repeating without end? Jesus not only cares about this deep, spiritual wrestling, but He also wants to step in and see you through it. Join Lysa TerKeurst on the streets of Israel to explore the I AM statements of Jesus found in the Gospel of John, ultimately trading feelings of emptiness and depletion for the fullness of knowing who Jesus is in this in-depth Bible study. Features: Leader helps to guide questions and discussions within small groups Five weeks of personal study segments to complete between six weeks of group sessions Four days, with an optional fifth day, of study within each week of personal study Six enriching teaching videos, approximately 15-20 minutes per session, available via redemption code printed in Bible study book for individual streaming access Benefits: Find freedom in difficult circumstances by learning how to shift from slave mentality to set free mentality. Discover how Jesus is the key to satisfaction by learning the crucial significance behind each of His I AM statements. Trade feelings of emptiness for the fullness of knowing who Jesus is. Grow in biblical literacy with this exploration of the Gospel of John. Video Sessions: Session 1: I AM (18:40)--In this introductory session, Lysa introduces the topic of I AM by looking in the book of Exodus where God talks to Moses through the burning bush. First came God's name, then came His promise. Session 2: I AM the Bread of Life (15:40)--Lysa is in Capernaum during this session and discusses how important bread was in the life of the Jewish people during this time. She reminds participants that only Jesus Himself can satisfy every craving of our soul. Session 3: I AM the Light of the World (21:40)--This third session puts participants at Jacob's well where Jesus encountered the Samaritan woman. Lysa discusses Jesus as the Living Water and how this Samaritan woman became a light to her world by telling others about Jesus. Session 4: I AM the Good Shepherd and I AM the Gate of the Sheep (18:10)--Psalm 23 tells us about God as a Good Shepherd. Lysa explores that Psalm and reminds listeners that God promises not to restore our circumstances, but rather to restore our soul. Session 5: I AM the Resurrection and the Life and I AM the Way, the Truth, and the Life (20:55)--In this fifth session Lysa overlooks the city of Jerusalem and studies the passage of the raising of Lazarus. She reminds the listener that Jesus longs to bring His resurrection power to us. Session 6: I AM the True Vine (17:35)--During this final session we find ourselves in a vineyard learning about God as the Gardener and Jesus as the True Vine. We learn that pruning makes us look more like Jesus and prepares us to bring forth fruit.

from pride to humility: Prayer Eric J. Alexander, 2012 We shall do well to watch our habits of prayer with a holy watchfulness. Here is the pulse of our Christianity. Here is the true test of our state before God. These words of J. C. Ryle are as true today as they were when they were first written over 150 years ago. Prayer matters, and Eric Alexanders chief concern in this book is to remind Christians that prayer is fundamental, and not supplemental, both in the individual and in the corporate lives of Gods people. He shows that nowhere is this dependence on prayer more fully exemplified than in the life and teaching of Jesus himself, and in the ministry of the New Testament church.

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