

## **THE SEVEN BLESSINGS AND REWARDS OF HUMILITY**

### PRAYER

"O Lord Abba, Father, I approach Your throne with a contrite and lowly heart. Strip away the pride and self-reliance that alienate me from Your presence.

Open my eyes to the beauty of Your truth, that I may not merely study the path of humility but walk in it, submitting myself entirely to Your sovereign will. Direct my thoughts, that I might receive Your wisdom and be transformed by Your grace. In the name of Yeshua Christ, my Lord and King, Amen."

---

The rewards of humility, grounded in Scripture, are profound and multifaceted, shaping both our relationship with God and our effectiveness in the world. They are not merely spiritual platitudes but tangible realities that lead to life, blessing, and honor.

- 1. Favor and Grace from YHVH.**
- 2. Exaltation & Honor**
- 3. Wisdom & Guidance**
- 4. Healing & Restoration**
- 5. Great Peace & Rest for Soul**
- 6. Preservation from Stumbling**
- 7. Continued Exaltation**

### **Lets examine each one:**

#### **1. Favor and Grace from God**

The primary reward of humility is divine favor. Scripture consistently contrasts pride, which God resists, with humility, which He abundantly blesses.

**Proverbs 3:34:** *"Surely he scorneth the scorners: but he giveth grace unto the lowly."*

**James 4:6 & 1 Peter 5:5:** *"God resisteth the proud, but giveth grace unto the humble."*

**Isaiah 57:15:** *"For thus saith the high and lofty One that inhabiteth eternity, whose name is Holy; I dwell in the high and holy place, with him also that is of a contrite and humble spirit, to revive the spirit of the humble, and to revive the heart of the contrite ones."*

This grace is the enabling power of God to live a godly life. Humility opens the conduit for His strength to flow into our weakness.

## **2. Exaltation and Honor**

Contrary to the world's view, the path to true honor is not self-promotion but self-humiliation under God's mighty hand.

**Proverbs 15:33:** *"The fear of the LORD is the instruction of wisdom; and before honour is humility."*

**Proverbs 18:12:** "Before destruction the heart of man is haughty, and before honour is humility."

Matthew 23:12: "And whosoever shall exalt himself shall be abased; and he that shall humble himself shall be exalted."

**1 Peter 5:6** "Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time."

This exaltation is a position of true honor in God's kingdom—a life of influence, answered prayer, and spiritual authority that comes from being under His authority.

## **3. Wisdom and Guidance**

A humble heart is a teachable heart, receptive to the wisdom that comes from above. Pride assumes it knows; humility acknowledges its need to learn.

**Proverbs 11:2:** "When pride cometh, then cometh shame: but with the lowly is wisdom."

Psalm 25:9: "The meek will he guide in judgment: and the meek will he teach his way."

Humility allows us to receive correction, learn from others, and be guided by the Holy Spirit, saving us from the foolishness and shame that pride inevitably brings.

## **4. Healing and Restoration**

Humility is the condition for receiving God's healing, both spiritually and, at times, physically. It is the attitude that invites His restoring power.

**2 Chronicles 7:14:** "If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land."

When we humble ourselves in repentance and dependence, we position ourselves for national and personal restoration.

### **5. Peace and Rest for the Soul**

Pride is a relentless taskmaster, driving us to prove ourselves and defend our ego. Humility, by accepting our dependence on Christ, brings profound rest.

Matthew 11:28-30: "Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls."

The "yoke" of Christ's humility is easy and light compared to the crushing burden of pride.

### **6. Preservation from Stumbling**

When we walk in humility, we are less likely to fall into major sin. Pride goes before destruction, but humility cultivates a cautious and dependent walk.

**Proverbs 16:18:** "*Pride goeth before destruction, and an haughty spirit before a fall.*"

**Psalms 119:165** (implied): "*Great peace have they which love thy law: and nothing shall offend them.*" Loving God's law requires humility, which in turn provides stability.

### **7. The Ultimate Model: The Exaltation of Christ**

The supreme example of this principle is the Lord Yeshua Himself. His humility was not a loss but an investment that yielded the highest possible return.

**Philippians 2:5-11:** *He humbled Himself, becoming obedient unto death, even the death of the cross. Wherefore God also hath highly exalted him, and given him a name which is above every name.*

His journey from the ultimate humility to the ultimate exaltation is the blueprint for the believing life. The rewards of humility are, therefore, not just practical benefits but a participation in the very life and victory of Christ.

We are called to walk the same path:

**Downward into humility, which is the only reliable route to upward exaltation in God's kingdom.**

POST PRAYER

“Heavenly Abba, Father, I thank You for Your Word which illuminates the way of life. Having reflected on these seven blessings, I ask that You would establish them deep within my spirit. Let me not be a hearer of the truth only, but a doer.

When the world clamors for status and the flesh cries out for recognition, keep me anchored in Your truth: that true glory is found only in emptying myself in obedience before You. May my life be a reflection of the humility of Yeshua, that I may bear fruit for Your kingdom and find rest for my soul.

Amen. AMEN.