

Women's Fall Class November 2020, Handout #1*
AM I WILLING TO TRULY ENTER INTO THE DEPTHS OF HUMILITY?



Hymn: "All Hail the Power of Jesus Name"
 (In humility we exalt the name of Jesus.)

Mosiah 2:21

**Humble yourselves, even in the depths of humility,
 calling on the name of the Lord daily.**

This month we will share some "**I-N-E-R**" thoughts on "humility"—an essential ingredient in our relationship with the Lord. Each week [HANDOUT] is based on one of these four letters.

Consider these thoughts on humility:

1. What **IS** humility and the depths thereof?
2. What humility is **NOT**, or lack of humility.
3. The knowledge that Christ is our **EXAMPLE**.
4. What is our **RESPONSE**?

As we continue on our journey to make ourselves ready for the return of the Bridegroom, we are called to move forward and upward, to grow spiritually and to put on our robes of righteousness. [Following last month's theme that "the heart is the center of everything,"]

we will see that humility is ultimately a condition of our heart.

In response to King Benjamin's command to "humble yourselves" (Mosiah 2:21), we see that this is a decision each of us must make.

The question posed [this month] is, "Am I truly willing to enter into the depths of humility?"

So let's begin by first asking ourselves, am I truly **willing** (which actually means "unhesitating and eager"!) to enter into the depths of humility with full purpose of heart?

It is in humility we recognize and acknowledge how much God loves us and what He has done for us: He has created us, has given us the breath of life, and is preserving us from day to day (Mosiah

1:53); and through His sacrifice on the cross, the way of salvation is provided to bring us into His presence.

As we bow down before Him, we are actually exalting Him (not just literally as in kneeling, but also spiritually). We are giving Him honor as our Creator and Lord and Savior. And this act of humility is the key that unlocks the door to a transforming experience of His great spiritual blessings.

A good way to study humility is to study all the verses with any form of the word, as well as synonyms. For instance, the scriptures describe attributes of a humble person. Here are a few:

HUMBLE PEOPLE

Alma 16:137-138 Believe in the Word of God.

Alma 16:136 Humble themselves because of the Word and are more blessed.

Alma 16:132 Learn wisdom.

Ether 3:14 Have joy.

Helaman 2:31 Souls are filled with joy.

3 Nephi 2:80-81 Hearts swollen with joy.

Helaman 2:31 Are lifted up at the last day; yield their hearts to God.

1 Nephi 5:5 Walk in paths of righteousness.

DIFFERENT DEGREES OF HUMILITY

Mosiah 2:21; 9:154; Alma 29:51; Helaman 2:123; 2 Nephi 6:84; 3 Nephi 5:49 Depths of humility.

Alma 3:48; Ether 4:41 Sufficiently humble.

Alma 29:59 Humble themselves exceedingly.

Helaman 2:31 Wax stronger and stronger in their humility.

Alma 16:237; 19:114 Even to the dust.

From these references, we learn several things. One of the things is that the Word of God is significant in its relationship to our humility.

Immersing ourselves in His Word is essential to understanding that relationship we have with Him, and He with us—His lowly creation.

Consider Alma 16:151, regarding planting the Word in your heart:

But behold, if ye will awake and arouse your faculties, even to an experiment upon My Words, and exercise a particle of faith.

Yea, even if ye can no more than desire to believe, let this desire work in you.

Even until ye believe in a manner that ye can give place for a portion of My Words.

[This week] as you read the scriptures, let the Words regarding humility “work in you.”

Pray for a better understanding of what “depths of humility” truly is as we humble ourselves before God and exalt Him with our praises!

[Week #1:] We must enter into the depths of humility!

So, rejoice in God’s many blessings, and ask Him to reveal to you specific ways to humble yourself.

Write them down and then do them!

Women's Fall Class November 2020, Handout #2*
AM I WILLING TO TRULY ENTER INTO THE DEPTHS OF HUMILITY?



Hymn: "Come, Holy Spirit, I Need Thee"
 (attached)

**Come, Holy Spirit, I need Thee...come, Lord, as strength to my weakness,
 take me: soul, body and mind.**

Ether 5:28

**I give unto men weakness that they may be humble...
 then will I make weak things become strong unto them.**

[This week,] let us consider what humility is **NOT**, and what the scriptures say about weakness and afflictions. The principle of "opposition in all things" (2 Nephi 1:81) can serve to reveal to us what humility is by learning what it is not, or in other words, the lack of humility. Recognizing those attributes can lead us to repentance, thus humbling ourselves and receiving the Lord's help in removing these obstacles. A few attributes are summarized below:

PEOPLE WHO LACK HUMILITY

Mosiah 1:118

General attributes: stubbornness, stony heart, prayers are in vain, hypocrites, look down on others, in bondage, puffed up, perish, do not visit the sick nor impart substance, are under damnation.

Alma 3:50 Are not prepared to meet God.

Alma 4:3-4 Are lifted up in the pride of their hearts, do not repent of their wickedness, are rejected, have their names blotted out.

Mormon 2:54 Are subject to divine justice.

2 Nephi 8:25 Are not forgiven.

Of course, we shrink back from considering that these terms might apply to us!

On the other hand, recognizing our lack of humility and admitting that we have fallen short can lead us to the proper condition before God to root any of these attributes from our heart.

In the face of lacking humility, let us also consider our response to afflictions and

weaknesses which can play a role in humbling us before God.

Someone once said to me, “Man’s extreme is God’s opportunity.” The hymn “Come Holy Spirit, I Need Thee,” expresses our need for God’s help in all things (a true condition of humility).

A good example is when Alma visits with the poor Zoramites who are cast out of their place of worship.

Alma 16:127 Alma beheld [with great joy] that their afflictions had truly humbled them... they were in a preparation to hear the Word.

Alma describes these circumstances as compelling them to be humble, and observes that they were blessed because of it—being ready to hear the Word. In other words, the Zoramites lacked humility, but their afflictions compelled them to be humble, truly penitent and lowly in heart.

Alma describes and contrasts both those who are compelled to be humble, and also those who voluntarily humble themselves:

THOSE WHO ARE COMPELLED TO BE HUMBLE

Alma 16:127 Suffer afflictions and trials.

Alma 16:134 Sometimes seek repentance.

Alma 16:134, 136 Are blessed.

THOSE WHO VOLUNTARILY HUMBLE THEMSELVES

Alma 16:138 Are blessed.

Alma 16:136 Are more blessed.

Alma 16:137 Are much more blessed.

Alma tells us of his response to afflictions: **“I will cry unto Thee in all mine afflictions, for in Thee is my joy”** (Alma 16:184).

Again we see joy associated with afflictions that lead to humility.

And Nephi also enlightens us that his response to his afflictions is not to murmur, but to praise God!

1 Nephi 5:199 Nevertheless, I did look unto my God and I did praise Him all the day long; And I did not murmur against the Lord because of mine afflictions.

Never fear, for God reveals His purpose for weakness:

Ether 5:28 I give unto men weakness that they may be humble, And My grace is sufficient for all men that humble themselves before Me; For if they humble themselves before Me and have faith in Me then will I make weak things become strong unto them.

I am reminded of the words of an old classic hymn that exemplifies this relationship with the Lord in our weakness.

Just A Closer Walk With Thee

*I am weak, but Thou art strong;
Jesus, keep me from all wrong;
I'll be satisfied as long as I walk—let me
walk close to Thee.*

So let us consider these questions:

Do we know where we lack humility?

Do we recognize our afflictions and weaknesses as a means to bring us to a state of humility?

Let us respond as the Nephites did.
See Helaman 2:30-31:

The more humble part of the people ... suffer great persecutions and ... wade through much affliction.

They did fast and pray oft, and did wax stronger and stronger in their humility, and firmer and firmer in the faith of Christ, ... filling their souls with joy and consolation, ... yielding their hearts unto God.

[Week #2:] We must identify the lack of humility in our lives, as well as afflictions and weaknesses!

List these areas of lack of humility, as well as afflictions and weaknesses, and then respond to them in humility.

Expect great joy as you embark on this transforming journey!

Women's Fall Class November 2020, Handout #3*
AM I WILLING TO TRULY ENTER INTO THE DEPTHS OF HUMILITY?



Hymn: “Come Learn of the Meek and Lowly”

Come learn of the Meek and Lowly, come sit at the Master's feet;
 No place in the world so holy, no place in the world so sweet.
 His lessons are plain and simple, a balm to the wounded breast;
 He maketh our burdens lighter, and giveth His children rest.

The third core ingredient in our journey into the depths of humility is that Jesus Christ is our **EXAMPLE**.

And in our preparation for His coming, **“We know that when He shall appear we shall be like Him, ...that we may be purified even as He is pure”** (1 John 3:2-3; Moroni 7:53).

We are “children of Christ” through our covenant with Him which brings us to the position of sitting (humbling ourselves) at His feet to learn of Him and from Him—to be like Him.

Being humble means we are teachable, and what better place of learning is there than at the feet of Jesus!

JESUS CHRIST IS OUR EXAMPLE

2 Nephi 13:6 According to the flesh, He humbleth Himself before the Father.

2 Nephi 13:9; Ether 5:40 If we are His, we must be like Him.

Hebrews 12:2 Jesus humbled Himself.

Matthew 16:25-26; Mark 8:36; Luke 9:23
 Take up your cross (spiritual) and deny self.

Additional attributes of Christ: meek and lowly, submitted, suffered for joy set before Him, joy when He comes for His church, learn by things suffered (afflictions).

What a beautiful understanding we have that even Christ truly humbled Himself. See Philippians 2:7-10:

But made Himself of no reputation, and took upon Him the form of a servant, and was made in the likeness of men.

And being found in fashion as a man, He humbled Himself, and became obedient unto death, even the death of the cross.

Wherefore God also hath highly exalted Him, and given Him a name which is every name.

That at the name of Jesus every knee should bow, of things in heaven, and things in earth, and things under the earth.

Jesus is our example in all that He did.

As we learned in [Week #2,] regarding joy in afflictions, James 1:2 says it this way: **“My brethren, count it all joy when ye fall into many afflictions.”**

Jesus had this exact response! **“For the joy that was set before Him [HE] endured the cross, despising the shame...”** Hebrews 12:2.

As children of Christ, here are a few choice references that specifically deal with humility:

CHILDREN OF CHRIST

Mosiah 1:39 Hearken to the words of Christ.

Mosiah 1:120 Humble themselves, are submissive and meek, become as little children.

Mosiah 2:21 Humble themselves, even to the depths of humility.

Mosiah 2:5 Are filled with joy.

Mosiah 2:19 Have exceeding great joy.

Mosiah 2:2, 1:61 View their carnal state as even less than the dust of the earth.

Mosiah 2:32 Recognize that they are beggars.

Mosiah 2:28-29 Give substance to those in need.

There are many more such attributes of the children of Christ—a search of your scriptures will reward you with even greater understanding than just these few listed above—and they will enrich our journey of preparation for the coming of the Bridegroom.

A final hymn is appropriate to our response:

Turn Your Eyes Upon Jesus

Turn your eyes upon Jesus, look full in His wonderful face, and the things of earth will grow strangely dim, in the light of His glory and grace.

[Week #3:] Rejoice in the ways that Jesus Christ is your example. Record them as a blessed reminder.

Choose favorite scriptures to express His goodness—that we may become like Him.

Women's Fall Class November 2020, Handout #4*
AM I WILLING TO TRULY ENTER INTO THE DEPTHS OF HUMILITY?



Hymn: "I Surrender All"

All to Jesus I surrender, humbly at His feet I bow,
 worldly pleasures all forsaken, ...I surrender all.

[In the first three weeks [HANDOUTS] of this devotional,] we have considered several points: (1) What is humility, and am I willing to enter into the depths of humility; (2) What humility is not (lack of humility); and (3) Christ is our example.

In this final week, [HANDOUT] let us make that ultimate decision to embark on this journey to surrender all!

What is our **RESPONSE**?

RESPONSE/RESULTS

Am I ready to make this commitment? Let us review the points we have covered that will assist us in making changes in our lives to enter into the depths of humility:

We have learned about the **attributes of humility** and that we must **respond willingly**.

Once we enter on this path, **believing the word of God is the more blessed response** without being compelled.

We have also identified those areas of lack of humility, afflictions and weakness which compel us to be humble, and that in these circumstances we can **rejoice in Him for His grace and mercy toward us**.

And finally, we learned that **Jesus is our example** and as His children we can sit at His feet and learn what we must do to be like Him.

The following **summary phrases** are a reminder of the depth of understanding in the scriptures relating to true humility.

You should be able to quickly scan through this list and make an immediate judgment or response:

- acknowledge how God has blessed you
- necessary for salvation
- transformed
- make weak things strong
- humbled because of word—more blessed without being compelled to be humble
- pride, cares of world, no doubts, no wavering
- all are blessed, basics, breath of life, sometimes blessed in spite of ourselves
- not judgmental vs. righteous judgment
- afflictions –smitten, persecutions, afflicted with all manner of words, receive without retaliating, submissive to all things inflicted
- compelled, burdens light, bear with patience (doesn't always remove), lightens burdens with patience and firm hope that one day rest from afflictions.
- feel “put upon”? why me?
- learn by things we suffer

- made low – God lifts us up
- Christ our example, suffered for joy set before Him, joy when He comes for His church, we prepare!
- humility/ lowly in heart vs. stony heart
- compelled – by circumstances
- do we “counsel the Lord”? or submit to Him?
- praise and worship = humility
- penitent, depths of humility, meekness, trust vs. anxiety
- fasting humbles the flesh
- stony heart, stubbornness and pride vs. humble, soft heart, broken heart
- learn by things suffered

[Week #4:] Examine the steps you have taken thus far and make that ultimate response to continue daily in the depths of humility to “Surrender All.”

Write out your commitment in your own words—from your own heart!