

NOTE: The instruction given here, *in principle applies* with equal force to men professing godliness. It is the needless display of apparel and outward adornment that is here condemned. God **desires the ornaments** within, displayed in the heart and life rather than those without, simply to be seen of men. **Needless outward adornment, therefore, may generally be taken as an indication that the inward adornment**, so **precious in the sight of God**, is lacking. **Neatness in dress is not here discouraged.**

13. Why are we exhorted to humble ourselves?

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

NOTE: "The higher a man is in grace, the lower he will be in his own esteem." **Spurgeon**

14. With what has the Lord promised to beautify the meek?

"For the Lord taketh pleasure in His people: *He will* ____ *the* ____ *with* ____." **Psalms 149:4**

15. What are the meek exhorted to seek?

"Seek ye the Lord, all ye meek of the earth, which have wrought His judgment; seek righteousness, seek ____: it may be ye shall be hid in the day of the Lord's anger." **Zephaniah 2:3**

NOTE: The fact that the meek are exhorted to seek meekness, is evidence that the meek themselves should cherish and cultivate meekness, and that sanctification, or the development of a perfect character, is a progressive work.

16. What inheritance is promised the meek?

"For yet a little while, and the wicked shall not be: yea, thou shalt diligently consider his place, and it shall not be. But *the* ____ *shall* ____ *the* ____; and *shall* ____ *themselves in the* ____ *of* ____." **Psalms 37:10-11**

I COUNT this thing to be grandly true:

That a noble deed is a step toward God,

Lifting the soul from the common clod

To a purer air and a broader view.

We rise by the things that are under our feet;

By what we have mastered of good and gain;

By the pride deposed and the passion slain,

And the vanquished ills that we hourly meet.

J. G. HOLLAND

The Foundation Bible Lessons

PART 12:

Christian Growth and Experience

Topic: Meekness and Humility

Lesson: 134

Part A

Volume: 12



MISSION STATEMENT

Foundation Progressive Sabbath Advent Ministries (FPSAM), Inc. exists to build upon the four **PILLARS** (*Mental*, *Physical*, *Spiritual and Social*) that **GUIDED** Jesus' life.

VISION

All Foundation Progressive Sabbath Advent Ministries (FPSAM), Inc. members will use the four pillars to establish and build their personal life and that of others.

SLOGAN

"Don't Accommodate Eliminate"

MOTTO

"Building on FOUR"

TEXT

"And Jesus increased in wisdom (Mental) and stature (Physical & Spiritual), and in favor with God (Spiritual) and man (Social)." **Luke 2:52**

WEBSITE

www.fpsam.org

1. What promise is made to the meek?

"Blessed are the meek: *for _____ shall _____ the _____.*" **Matthew 5:5**

Meek: "Mild of temper; not easily provoked or irritated; forbearing; submissive; humble."- **Webster**

2. What did Christ say of His own character?

"Take My yoke upon you, and learn of Me; for *_____ am _____ and _____ of _____*: and ye shall find rest unto your souls." **Matthew 11:29**

3. What is said of the character of Moses?

"Now, *the _____ was very _____*, above all the men which were upon the face of the earth." **Numbers 12:3**

4. Whom has God promised to guide in judgment?

"*The _____* will He guide in judgment: and *the _____* will He teach His way." **Psalms 25:9**

5. Of what is meekness a fruit?

"But *the fruit of the _____* is love, joy, peace, long- suffering, gentleness, goodness, faith, _____, temperance: against such there is no law." **Galatians 5:22-23**

6. What does Christ say of those who exalt themselves?

"For whosoever exalteth himself *shall be _____*; and he that humbleth himself shall be exalted." **Luke 14:11**

NOTE: The spirit of self-exaltation is of Satan. **See** Isaiah 14:12-14; Ezekiel 28:17. Christ humbled Himself, made Himself of no reputation, and became obedient even to the death on the cross. **See Philippians 2:5-8.**

7. By what means did Jesus illustrate true humility?

"And Jesus called a *little _____* unto Him, and set him in the midst of them, and said, . . . *Whosoever therefore shall _____ himself as this little _____, the _____ is _____ in the kingdom of _____.*" **Matthew 18:2-4**



NOTES: Humility is "**freedom from pride and arrogance**; **lowliness of mind**; **a modest estimate of one's own worth**." It implies a sense of one's own unworthiness through imperfection and sinfulness, and consists in rating our *claims* low, in being willing to *waive our rights*, and to *take a lower place than might be our due*. It does not require that we under-rate ourselves or our life- work. The humility of Christ was perfect, yet He had a true sense of the importance of His life and mission, "**Humility is like a tree, whose root when it sets deepest in the earth, rises higher, and spreads fairer, and stands surer, and lasts longer, and every step of its descent is like a rib of iron.**"- **Bishop Taylor**

8. How will humility lead us to esteem others?

"Let nothing be done through strife or vainglory; but in lowliness of mind *let each _____ other _____ than _____.*" **Philippians 2:3**

9. With whom does God dwell?

"I dwell in the high and holy place, with him also that is of a _____ and _____ spirit, to revive the spirit of the humble and to revive the heart of the contrite ones." **Isaiah 57:15**

10. When asked a reason for our hope, in what spirit should we answer?

"But sanctify the Lord God in your hearts: and be ready always to give an answer to every man that asketh you a reason of the hope that is in you *with _____ and _____.*" **1 Peter 3:15**

11. Who should labor for one overtaken in a fault, and in what spirit?

"Brethren, if a man be overtaken in a fault, *ye which are _____*, restore such an one *in the _____ of _____*; considering thyself, lest thou also be tempted." **Galatians 6:1.**

12. With what should Christian women adorn themselves?

"Whose adorning let it not be that outward adorning of plaiting the hair, and of **wearing of gold**, or of putting on of **apparel**; but let it be the hidden man of the heart, in that which is not corruptible, even *the _____ of a _____ and _____, which is in the _____ of _____ of _____.*" **1 Peter 3:3-4**

