Please read the book of Andrew Murray about Humility and bring your comments.

I. Objectives Phase 2, Session 6 - Humility, Surrender, Meditation and Stillness

1.God is humble and meek.
John 14:7
Matthew 11:28-30
Genesis 3:15,22-24 - Plan of Salvation

2. Humility is reflected in the life of Jesus from his birth to his death on the cross.
Philippians 2:5-11
Luke 2:1-20
Matthew 27:32-56
John 19:33
Mark 10:45

3. Without humility there is no faith in Him, forgiveness or unconditional love.
John 13:34-35, 15:12
Colossians 3:12-13,
John 13:8
John 5:40-44

4. Humility is essential to overcome the world and to receive and enjoy the abundant life Jesus came to give us.
John 13:8,
1 John 5:4-5,
John 16:33

5. Humility is a state of strength, because it is full trust in the Lord, full reliance on the Lord.
1 Corinthians 6:19
Romans 8:11
2 Corinthians 12:9-10
John 5:19,30
John 12:49-50
John 14:10,24

6. God calls us to be humble.
Proverbs 3:34,
1 Peter 5:5
James 4:6
Micah 6:8
Proverbs 13:10
Jeremiah 17:5-6

7. Jesus died so we would no longer live for ourselves but for Him.
2 Corinthians 5:14-15

8. In the stillness we are humble.
Proverbs 3:5,
1 Corinthians 2:6-16
2 Corinthians 5:13

9. We meditate to let His word dwell in us richly.
Colossians 3:16

10. Meditation allows us to sow the seed which is the Word of God who is Jesus
Parable of the soils Mark 4:1-20
If you don't understand this parable you won't understand any other Mark 4:13
What is essential to that understanding? Mark 4:14

Please read chapters 1-4 and 10-12 of the Book of Andrew Murray of humility.

Start practicing the delivery of the testimonies of each one of the participants, one participant per week. It is recommended that the leaders be the first to give their testimony and model how it is done.

II. Email to participants before session 6

Dear Brothers and Sisters in Christ,

During our next session we will be talking about humility, surrender, meditation and stillness. Please read chapters 3-4 and 10-12 of Andrew Murray's book of Humility and study the two prayers included below.

We will begin practicing the delivery of our testimonies, one participant per week.

Humility, Surrender, Meditation and Stillness Part 2

About Humility and Surrender

God is humble and He is meek.
John 14:7
Matthew 11:28-30
Genesis 3:15,22-24 - Plan of salvation

Humility is reflected in the life of Jesus from His birth through His death on the cross.
Philippians 2:5-11
Luke 2:1-20
Matthew 27:32-56
John 19:33
Mark 10:45

Without humility there is no faith in Him, forgiveness or love.
John 13:34-35, 15:12
Colossians 3:12-13
John 13:8
John 5:40-44 "*But you are not willing to come to Me that you may have life.*
"I do not receive honor from men. But I know you, that you do not have the love of God in you. I have come in My Father's name, and you do not receive Me; if another comes in his own name, him you will receive. ***How can you believe, who receive honor from one another, and do not seek the honor that comes from the only God***?"

Humility is essential to overcoming the world and to receiving and enjoying the abundant life that Jesus came to give us.
John 13:8
1 John 5:4-5
John 16:33

Humility is a state of strength because it is full reliance on the Lord.
1 Corinthians 6:19
Romans 8:11
2 Corinthians 12:9-10
John 5:19,30
John 12:49-50
John 14:10,24

God calls us to be humble.
Proverbs 3:34
1 Peter 5:5
James 4:6
Micah 6:8
Proverbs 13:10
Jeremiah 17:5-8 "*Thus says the Lord:*
*"Cursed is the man who trusts in man And makes flesh his strength, Whose heart departs from the Lord. For he shall be like a shrub (ARRARA) in the desert, And shall not see when good comes, But shall inhabit the parched places in the wilderness, In a salt land which is not inhabited. "****Blessed is the man who trusts in the Lord, And whose hope is the Lord. For he shall be like a tree planted by the waters, Which spreads out its roots by the river, And will not fear when heat comes; But its leaf will be green, And will not be anxious in the year of drought, Nor will cease from yielding fruit***.

Jesus died so we would no longer live for ourselves but for Him.
2 Corinthians 5:14-15 "*For the love of Christ compels us, because we judge thus: that if One died for all, then all died; and* ***He died for all, that those who live should live no longer for themselves, but for Him who died for them and rose again***."

Jesus calls us to surrender
Luke 9:23-24
Matthew 24-25
John 12:23-26

Stillness and Surrender in the OT
Psalm 46:10
Jeremiah 6:16 (Colossians 2:6, John 14:6, Matthew 11:28-30)
Genesis 5:24

In stillness we are humble.
Proverbs 3:5
1 Corinthians 2:6-16
2 Corinthians 5:13 (NIV)

Find additional explanation about humility from the book Poverty of Spirit, by Johannes B. Metz:

But Jesus said to him, “No one, having put his hand to the plow, and looking back, is fit for the kingdom of God.” (Luke 9:62 NKJV)

Acceptance of our authentic being is self-love in the Christian sense. In biblical terms, it is poverty of spirit. Accept that we are beings who don't belong to ourselves. We truly "posses" this virtue when we forget ourselves. To look back for assurance is to try to acquire possession and full control over this virtue which amounts to loosing it.

Humility Prayers

"Father, let the Holy Spirit have full dominium over me, in my home, in my temper, in every word of my tongue, in every thought of my heart, in every feeling toward my fellow men; let the Holy Spirit have entire possession."
Andrew Murray

Deliver me, Jesus

From the desire to be praised, honored, glorified, preferred, wanted, consulted, or approved. Deliver me, Jesus, from the fear of being humiliated, criticized, forgotten, ridiculed, maltreated, rejected, and from the fear of what others (will) think about me. O Jesus, give me the grace to desire: that others would be loved and esteemed and encouraged and lifted up ahead of me, that in the eyes of the world they would increase while I decrease, and praised while I pass by unnoticed; that others would be preferred in all situations; that others would become more important than myself -- in order that I would be as holy a servant as You are and want me to be.
Charles de Foucauld

Towards the end of the prayer I felt that it was too much and maybe not scriptural, but then I read Philippians 2:1-4 and 1 Corinthians 13:4-8.

Experiencing the presence of God - Meditation and Stillness

The Lord wants us to experience His presence. This is the benefit that we receive when we are in stillness and meditating. This is why He says to us in Psalm 46:10 “*Be still and know that I AM God*”. Since God is love, when we experience His presence, we experience His love. Then, we might ask, “How great is His love?” Read, pray and meditate on these verses to gain understanding of His love for us:
John 3:16 — He gave His Life for us
John 15:13 — there is no greater love than to lay down your life for your friends

John 17:23 — the Father loves us as He loves Jesus
John 15:9 — Jesus loves us as the Father loves Him

What does His love do in us? The answer might be found in 1 John 4:18 and 2 Timothy 1:7. Fear takes away power, love and self control.

Ask the Lord to reveal His love for you every morning and as often as you can. Pray the love prayer that you will see below.
Experience the presence of God. There is no effort involved, so do not try. Do not row; we are sailing. If you don't experience His presence, give it time; there is no hurry. Be in His presence at least 5 minutes twice a day, "Be still and know that I am God." Ask the Lord a question and quiet your mind so that you can hear Him. Meditate, reason together with Him (Isaiah 1:18). If you have a hard time quieting your mind, do any of the following: picture yourself talking with Jesus — you want to be quiet so that you can listen to Him; listen for silence around you; listen to your heart beat; watch your breathing; look inward and feel your body from head to toe and toe to head. If you have doubts or concerns about meditation, read Psalm 1:1-6, Joshua 1:8-9, Philippians 4:8, 1 Timothy 4:15, Luke 21:14. It is a conversation with the Lord, as stated in Isaiah 1:18.

Meditation and Stillness teach us to control and exercise dominion over our mind. These practices allow us to quiet the mind when we don't need to use it. Remember that the mind isn't us, but merely an instrument that the Lord has given us to understand revelation. We use it when we need it, and make it quiet when we want to enjoy the present, be fully aware and delight in the presence of God.

Finally, it is all about abiding in Him and He in us. As long as we are in Him and He is in us, we have the mind of Christ and the Holy Spirit leads us to follow His commands (Ezekiel 36:27).

Please read, pray and meditate on any or all of these Scriptures: John 15:5, John 6:56, 7:37-38, 8:31-32, 15:5, Romans 5:5, 8:5-8, Colossians 2:6-7, Galatians 2:20, 2 Corinthians 3:17-18 1 Corinthians 6:17 and 1 John 4:17.
Jesus is our Sabbath. He calls us to abide in Him and He in us. He calls us to rest in Him (Matthew 11:28-30), for in Him we find peace (John 16:33). For believers, the Sabbath is not a day but a person — the Person of Jesus Christ — in whom we abide, rest and find peace at all times. In Jesus, the holy day of the Lord is every day.

Isaiah 58:13-14 "*If you turn away your foot from the Sabbath, From doing your pleasure on My holy day, And call the Sabbath a delight, The holy day of the Lord honorable, And*

shall honor Him, not doing your own ways, Nor finding your own pleasure, Nor speaking your own words, ***Then you shall delight yourself in the Lord; And I will cause you to ride on the high hills of the earth, And feed you with the heritage of Jacob your father. The mouth of the Lord has spoken***."

More About Stillness

Practicing stillness is a way to find our true self, our true identity.

Basic Scripture
Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth! (Psalm 46:10 NKJV)

Stillness is related to humility, which is full reliance on the Lord. Therefore, don't strive to do; wait on the Lord, be still and let God work in you and through you. Then, you truly experience Him.

It is a state of surrender, of openness, and of readiness to receive.

It is essential to receive love and grace.

Definitions of stillness:
N. Tranquil silence
N. State of no motion or movement
N. Calmness without winds
Adj. without moving or making a sound
Adj. free from disturbance or current
Adj. not in physical motion
V. Cause to be quiet or not talk
V. Make motionless
V. Make calm or still

Discuss body, soul (mind-feelings-will) and spirit

Quiet the mind. Use exercises. Explain the mind and the multiple calls that Paul makes about renewing our mind. Explain the first word that Jesus used in His first sermon, "repent", and how it relates to the mind.

Be present; God is timeless, and we have been created in His image. The Bible

encourages us to live in the present.

-Mana in the desert is a representation of the present; God gave them their daily bread (with exception for the day before the Sabbath).
-But Jesus said to him, “No one, having put his hand to the plow, and looking back, is fit for the kingdom of God.” (Luke 9:62 NKJV)
-Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble. (Matthew 6:34 NKJV)

What happens when you are in stillness:

The ego disappears.
You aren't waiting for or expecting anything.
You know that it isn't about you.
You aren't in a hurry.
What is happening now is what matters, not a step for a future outcome.
You are paying full attention.

Related verses. These are alternative ways to say, "Be still and know that I am God.":

And He said to me, “My grace is sufficient for you, for My strength is made perfect in weakness.” Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. (2 Corinthians 12:9 NKJV)

“I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing. (John 15:5 NKJV)

And Enoch walked with God; and he was not, for God took him. (Genesis 5:24 NKJV)

When He had called the people to Himself, with His disciples also, He said to them, “Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me. (Mark 8:34 NKJV)

In Christ,

Hernando
Receiving His Life Ministries