

PRIDE AND THE CALL TO HUMILITY

A focused companion worksheet to: [How Does God Change Us?](#)

Name or initials: _____ Date: _____

Pride can make correction feel like a threat and turn a disagreement into a contest. This worksheet helps you notice where protecting your image or insisting on your importance interferes with truth, love, and responsibility.

Pride and the Call to Humility

Pride can be difficult to recognize in ourselves. It may appear as needing to be right, resisting correction, seeking recognition, or treating our perspective as more important than someone else's. Beneath these responses, we may fear looking inadequate or losing respect. Understanding that fear helps us respond honestly, while still taking responsibility for how we treat others.

Pride makes it harder to receive wisdom. Proverbs 11:2 connects humility with wisdom, while Proverbs 13:10 connects pride with conflict and contrasts it with a willingness to receive advice. When protecting our image becomes more important than learning, we can dismiss correction that would help us grow. Humility makes room to ask: *What might I be missing? Is there something here I need to acknowledge or change?*

God calls us to value others. Philippians 2:3–4 directs believers away from selfish ambition and conceit and toward concern for others. Pride can lead us to interrupt, compete for credit, or overlook another person's needs. Humility helps us listen, recognize another person's contribution, and consider how our actions affect them.

Jesus shows us what humility looks like. Philippians 2:5–8 points to Christ, who willingly took the place of a servant and humbled Himself in obedience. His example invites us to use our abilities, influence, and opportunities to serve. We can ask: *Am I trying to establish my importance, or am I willing to do what love requires—even when no one notices?*

Humility opens us to God's grace. James 4:6–10 teaches that God opposes the proud and gives grace to the humble. Coming before Him honestly includes admitting sin, receiving correction, and surrendering our insistence on having our own way. We do not have to maintain an image of having everything together to receive His help.

Humility does not require denying your worth. Romans 12:3 calls us to think of ourselves with sober judgment. An honest view acknowledges both strengths and limitations. You can recognize your abilities, express a need, disagree respectfully, and set appropriate boundaries while remaining humble. Admitting a mistake does not erase your value.

This worksheet will help you notice where pride shapes your responses, examine what you are trying to protect, and practice humility through listening, receiving correction, sharing credit, and repairing harm.

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Choose one recent example. Work through pages 1–3, then use page 4 for seven days. Read the Scripture passages in context. The aim is honest responsibility and practiced change in response to God’s grace, not earning His love.

1 Notice your pattern

Describe one recent moment when you resisted correction, needed to be right, sought credit, or dismissed someone’s perspective. What did you actually say or do?

What felt threatened: your competence, reputation, authority, belonging, or something else? What were you afraid admitting a limitation would mean about you?

What effect did your response have on the other person or the task? Identify what you can own, even if you believe the other person also contributed.

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2 Bring the pattern into the light of Scripture

Read each passage below. The notes explain the connection to this topic; they are summaries and applications, not quotations. Choose one passage to study more closely.

Philippians 2:3–8 — Paul addresses selfish ambition and conceit, directing believers toward concern for others and the example of Christ’s humility. Consider whose interests your response overlooked.

James 4:6–10 — James calls people away from pride and toward submission to God. Humility includes receiving grace and acknowledging what needs to change.

Romans 12:3 — Paul calls for a sober assessment of ourselves. An accurate view can acknowledge both strengths and limitations without superiority or self-erasure.

Which passage addresses your response? Write its reference and what it teaches about receiving truth or valuing another person.

Write the self-protective message beneath your reaction—for example, “If I am wrong, I have no value.” What more truthful belief would help you admit a mistake?

What part of the feedback is valid, what needs clarification, and what may be inaccurate? Name one honest acknowledgment and one respectful question.

Guarding the heart includes attending to our thoughts, feelings, understanding, and will (Proverbs 4:23). Consider which repeated messages you need to stop cultivating and which truth you need to remember and apply.

Scripture sources: Philippians 2:3–8; James 4:6–10; Romans 12:3; Proverbs 4:23. Read the full passages at BibleGateway.com. For the Hebrew meaning of heart, see the NET Bible translation notes on Proverbs 4:23.

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3 Choose and practice a different response

When corrected, pause before defending yourself. Ask for a concrete example, summarize what you heard, and own the part that is yours. You can say, “I see how that affected you,” or “I need to think about that.” You may disagree respectfully while remaining open to valid feedback.

When this happens	A response I can practice	A belief to remember
Someone points out that I interrupted them.	“You’re right that I interrupted. Please finish; I will listen.”	Acknowledging my behavior does not erase my worth.

Make the plan your own. Describe one observable action, not only a feeling you hope to have. Write a specific time or occasion for arranging support or changing a routine.

Part of my plan	My specific choice
The cue I will watch for	
What I will do or say instead	
Scripture reference and truth I will remember	
An influence, access point, or routine I will change	
Support I will use and when I will arrange it	

Who needs an acknowledgment, apology, shared credit, or a change in how you listen? Write the specific action you will take and when. Focus on impact rather than explaining away your behavior.

If the old response happens again, stop, acknowledge your choice, repair harm where needed, and adjust the plan. Review what happened before the response rather than concluding that change is impossible.

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4 Practice for seven days and review

Each day, briefly record the situation, your response, and what you learned. If there was no opportunity, write that. Notice progress and difficulty honestly. The record helps you learn; it does not measure your worth or God's love.

Day or date	Situation and response I practiced	What I learned or will adjust
1		
2		
3		
4		
5		
6		
7		

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Review at the end of the week

Where did you receive correction, share credit, or listen more fully? What remains difficult, and what will you practice again?

What will you continue or change next week? Name one action and any additional help you need.

Prayer: Father, help me receive truth without hiding behind my image. Give me courage to admit limits, honor others, repair harm, and use my strengths in service. Amen.