



**“But he gives us more grace. That is why Scripture says: “God opposes the proud but shows favor to the humble.””**

**James 4:6 NIV**

# Pride

Source of Study Guide from Adornedheart.com “7 Causes of Pride: How To Be More Humble”

## What is Pride?

“An unreasonable feeling of superiority as to one’s talents, beauty, wealth, rank, and so forth; to feel no need for God and be totally self-reliant; to look down on others, to feel one deserves or is entitled to certain things due to their hard-work; disdainful behavior or treatment; insolence or arrogance of demeanor; haughty bearing.” (Definition Origin: Insight Into The Scriptures)

**Cause: Trying to fix low-self esteem, unworthiness, & fears in our own strength.**

**Effects: Damages Careers, Relationships due to fears, & trying in your own strength.**

**People can suffer from lack of support due to Pride/Ego, afraid of vulnerability which keeps you from fully receiving in a relationship**

I know what you’re thinking, Me? Prideful? How? There’s no way! Most of the time I feel insecure. After reading this article I literally was humbled to the 10th°. Did you know Pride can be the source of our lack of prayer life, insecurities, & people pleasing? The Lord has been showing me things that I struggle with that I have been otherwise been blind to aka not humble enough to admit 😞 because I have been praying for him to show me what could strengthen our relationship and bring me closer to Him.

Once I learned the signs of pride, it opened my eyes to reevaluating my weaknesses, thinking deeply into the things I have been through that caused pride, and what to take to God so He can transform me into bearing more fruit of humility. I found an article that presented the source and signs of Pride & wanted to share it with you!

The article does a great job in listing signs of Pride in your life that we may mistake for other issues. I felt like

there were some of these examples deeply rooted in my life so I journaled them to work through each one.

Write each example that you identify with most. Journal under each one how you see the evidence of it in your life, where it started, and how you can make improvements. Pray to ask God to help you with the source of the Pride & to transform your pride into humility.

## Identifying Pride

I'm concerned people can see my flaws and will think negatively about me.

I manipulate the situation to make others look guilty or at fault (blame-shifting).

I try to avoid feeling guilt and shame.

If people don't take my advice, they'll regret it later.

If I disagree with someone, it's because they're overly emotional or flawed.

I pretend I'm doing great, when I'm falling apart inside.

If there was something wrong with me, I would see it first.

I have trouble trusting or listening to my leaders.

I like to do or say things to ensure people think well of me (people-pleasing)

I get jealous if someone is better than me.

If I don't fix a situation who will?

I point out the mistakes of others because I'm annoyed

I do the the right things and work really hard, so I deserve a better life, blessings, and good things (entitlement).

The breakdown of each identifier is on the website. Read the one you struggle with most and we will discuss it as a group. Refer to the site when you are working through each one in your personal study.

<https://www.adornedheart.com/am-i-prideful-6-causes-of-pride/>

## 7 Ways to Overcome Pride

Stop trying to prove others wrong. If they think you're horrible and they're committed to misunderstanding and judging you... let them. Keep working and going, because God will exalt the humble in the right time and he will correct the ones that shame and criticized you.

Don't try to do everything yourself. Ask for advice, help, and let the wisdom of others guide you. You can skip a lot of pain if you listen to the wisdom of people that have already messed up.

Don't try to be better than other people. Accept that everyone is going through something hard.

Everyone has gifts and weaknesses. Use your strengths to compliment their weakness.

A prideful heart must be purified. You can't just change the behavior you have to address what you are feeling or the behaviors will continue. You should strip yourself of selfishness, fear, and every emotion that causes you to continue in pride.

Learn to love yourself. Heal from your insecurities and learn your purpose in Christ. You wouldn't need to pretend you're perfect if you were comfortable in your own skin.

Stop being so hard on yourself. If you mess up get back up again and start fresh tomorrow.

Accept the blood of Christ. Self-help remedies for pride only gives you the tools to begin your healing journey. But, only the power of Jesus Christ can break the cycle of pride. It's impossible to do it by yourself. You need God to stitch up the wounds and heal the scars, miraculously.

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