

# Upright Woman



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## The Importance of Humility

by Carlie Bond



Carlie and her husband Clay Bond work with the Lake Country church of Christ in Marble Falls, TX. Clay is a graduate of the SW school of bible studies and is currently one of the instructors. Carlie homeschools their four children and works as a realtor.

Humility has been described as “that elusive, all important, hard to define character trait.” It is only by looking to God’s Word that we can truly understand the concept of humility and its impact on our daily life. Biblically speaking, humility is to have “a deep sense of one’s moral littleness”. The acceptance of the statement in Jeremiah that it is not in man to direct his own steps is at the very heart of humility (Jeremiah 10:23). It is only the humble heart that will look to God for wisdom, direction and guidance.

The apostle Peter cautions us to humble ourselves under the mighty hand of God (1 Peter 5:6). However, do not miss what follows, our humility is seen when we bring our cares, anxieties and burdens to our God! Humility before God is the recognition that I simply cannot cope with life on my own and that I need Divine help. The promise is that if we will humble ourselves in this manner, God will exalt us (James 4:10). We can be like David who wrote in Psalm 3:3 that the Lord was “the One who lifts up” his head.

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Humility in our relationship with God will certainly grow outward and bear fruit in all of our relationships. We will approach each of our companions with a sense of our “moral littleness” and from that gain a willingness to listen, give in, serve and accommodate one another (Ephesians 4:1-3). A humble heart provides the good soil in which the fruit of the Spirit can grow and thrive (Galatians 5:22-23). It takes a great deal of humility on our part to obey God’s command to live a lifestyle of submission in our relationships with others (Ephesians 5:21-22). The humble heart will not view itself as being above any task, but will esteem others as better than herself and serve others above self (Philippians 2:3-4). The wonderful impact of humility on our relationships at home, in the congregation, at work and in society can hardly be over-estimated!

There are many traits and qualities extolled throughout the epistles; among those is “lowliness of mind” or humility. It is the basis of our service (Acts 20:19), the direction of our walk (Ephesians 4:1-2) and the “signature style” of our wardrobe (Colossians 3:12; 1 Peter 5:5). Humility is among the beautiful, defining characteristics of followers of Jesus Christ. While it may be an elusive mystery to others, it need not be so for those who will look to God for both an example of humble service and for instructions on humility. There can be no better means of learning humility than to look to Jesus Christ who “made Himself of no reputation, taking the form of a bondservant and...humbled Himself” to serve our greatest need (Philippians 2:7-8)

## Am I Proud?

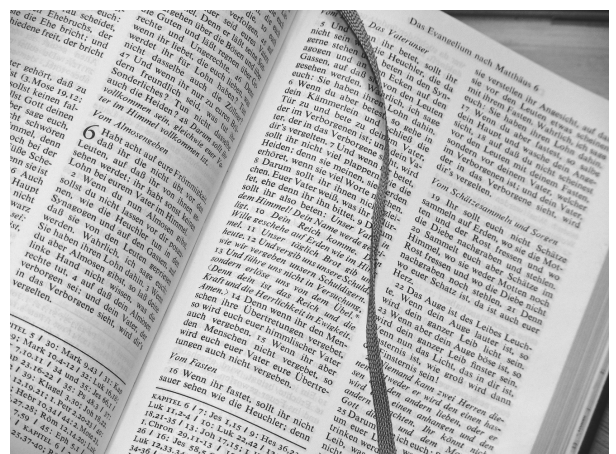
by Gretchen Gerhardt

Satan wants nothing more than for us to be full of pride. He knows that, as Prov. 16:18 tells us, “Pride goes before destruction and a haughty spirit before a fall.” Pride will cause us to trust in self and turn away from God and his Word. Pride is of the world and not of the Father (1 Jn 2:16)

So what does pride look like? And what can we do to overcome it? Pride can cause me to: be a fault finder, demand attention, focus on the outward, reject authority, refuse to submit, be unable to see the needs of others, be ungrateful, make everything about me, be easily offended, be unable to admit fault or say “I’m sorry”, think I’m better than others, not listen to others, be defensive, and think I’m the only one who can do something right.

Reading through this list, we can see how the attributes of pride would cause problems in our relationships at home, in the church, and with God himself. In Mark 12:29-31, Jesus taught us that the greatest commandment is to love the Lord our God with all our heart, soul, mind & strength, and to love our neighbor as ourselves. In the prideful heart, there is no room for God, or others.

So let us take a long look at ourselves (2 Cor 13:5). If pride is a problem in our lives, then we need to repent and ask for forgiveness. Through prayer, study, and humble service to God, we can replace pride with humility, and prevent Satan’s influence from taking root in our lives (1 Pet 5:5-8).



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## Words to Grow By

by McKenna Miller

Everyday as women, we wake up and get dressed. Clothing ourselves is a habitual practice to us. Yet, as we walk out the door presentably dressed, and we grab our purses and keys, do we remember to put on humility and submission?

1 Peter 5:5-6 says, "Likewise, ye younger, submit yourselves unto the elder. Yea, all of you be subject one to another, and be clothed with humility: for God resisteth the proud, and giveth grace to the humble. Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time."

Submission to an older generation can be a difficult task, especially in the self-centered society in which we reside. However, interaction between older and younger generations should look very different in the Church (Titus 2:3-5). We tend to take any personal criticism as an attack to our self-confidence, but imagine if every "They have no right digging around in my business," turned into, "I'm glad they had the heart to care"? Perhaps the key to being willing to seek wisdom and correction from an older generation is found in 1 Peter 5:7, "casting all your care upon Him, for He cares for you." Humility easily turns anxious self-consciousness into godly growth. When we habitually dress with humility and submission, we will see the true blessing of the older generation, and look forward to filling that same role in God's Church one day.

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**To be humble is not to think less of oneself, but to think of oneself less.**

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## Words of Wisdom

by Melynda Locke

Long ago there was a woman from Joppa who was loved and well known for her good works and charitable acts. She used her talents making coats and garments for the poor and widows. This woman became ill and died. She was lovingly prepared for burial and placed in an upper room. When her friends heard Peter was in a nearby town, they requested he come without delay. When Peter arrived he found the widows watching over the deceased woman's body, crying for the loss of their dear friend and sister. They then showed Peter the work of her hands which had helped so many.

We are all familiar with the story of Dorcas. Acts 9:36 tells us she was "full of good works and almsdeeds which she did". But what was it about her life that made those who knew her find it imperative that Peter come to Joppa and know of her works? Humility. A humble, submissive heart is that which allows the seed of the Word to sprout, and from that seed will come the fruits of the spirit. Dorcas is held up as an example of humility which is seen in her fruits. She did not think of herself more highly than she ought to, but loved and served others.

Philippians 2:3-4 reads "Let nothing be done through strife or vainglory, but in lowliness of mind let each esteem other better than themselves. Look not every man on his own things, but every man also on the things of others".

May we too show humility by loving all people as Christ loved us (Eph. 5:2) and selflessly working for and serving others (Heb. 6:10).

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## Upcoming Events

- February 24  
Youngsfort Ladies' Day  
in Killeen, TX with  
Evelyn Bonner
- February 23-24  
Young Ladies' Day in San  
Marcos, TX with Athena  
Scherffius
- March 1-4  
Southwest Arise  
Workshop with special  
sessions for women

## Word Study

by Courtney Westbrook

Proverbs 8:13 tells us that “Pride and arrogance and the way of evil and perverted speech I hate.” Pride, according to the oxford dictionary, is a feeling or deep pleasure or satisfaction derived from one's own achievements, the achievements of those with whom one is closely associated, or from qualities or possessions that are widely admired. All throughout scripture we are encouraged to reject pride and take a humble approach to life (e.g. 1 Cor. 10:12). These passages demonstrate the dangers of pride, and God's desire is that we are aware of and avoid it.

Instead of pride, God instructs us to be humble (Pro. 16:18-19). Being humble, again, according to the oxford dictionary, is having or showing a modest or low estimate of one's own importance. One way to be humble is to listen to wise counsel and respect those that have experienced life before us (Proverbs 15:32). Wisdom and humility are found together all throughout the references of humility which should catch our attention. James tells us in chapter 4 that if we can humble ourselves then God will show us favor and lift us up! Let us pay close attention to the words that God so carefully breathed and obey.

## About Upright Woman

The Upright Woman publication is intended to educate, promote, and encourage the women of the church to strive for righteousness in every aspect of life. It is the mission of this publication to provide women an opportunity to study the word and share articles about various issues and topics to encourage us to be upright women in an upside down world.

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**“FOR THE LORD IS RIGHTEOUS; HE  
LOVES RIGHTEOUS DEEDS; THE  
UPRIGHT SHALL BEHOLD HIS FACE.”  
PSALM 11:7**

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We pray that with every issue and with every article all glory is given to God.

# Getting to Know...

Alana May

By: Carol Tisdale

Born and raised in San Angelo, Alana earned a degree in physics at San Angelo State University and later received her graduate degree in Astrophysics at the University of Alabama. While students at SASU, she and Branyon met and were married. It was there that they studied the scriptures together for many months. Alana says she was skeptical and argumentative but there came a point after reading Acts 19 that she couldn't offer any more arguments against the necessity of baptism and how the Bible outlined true NT Christianity. She was baptized that night! Alana is presently devoted to homeschooling her precious little girls. She is mother to Branna, Atlie, Aisley and to Saige who they lost at birth in 2009.

On our topic of "Humility", Alana is struck by the passage in Job 38, "Then the LORD answered Job out of the whirlwind and said: "Who is this that darkens counsel by words without knowledge?... I will question you, and you make it known to me. "Where were you when I laid the foundation of the earth?" She is awe-struck and humbled that the Creator of the universe, the One who knows the answer to every question asked in Job, knows her and cares for her.

Alana works with Mark Speir in the realm of the Bible Class program at SW. "We are working toward providing a well laid out curriculum as well as maintaining communication with teachers to help more women feel comfortable about teaching. Ladies often feel insecure about teaching, but if you have a willing heart you are more than half way there. Kids love their Bible class teacher and not because she knows SO MUCH about the Bible. It's because the kids see firsthand how much each one of these ladies' cares for them and loves them and is willing to dedicate and volunteer her time to be with them each week.

The Mays are tireless in their works for the Lord at Southwest and they do it with such grace. Asked if she has thoughts for other parents of young children who feel that they just cannot find time to be involved in the works of the congregation and Alana offers: "Branyon and I love the church and God. As simple as it sounds, that's what motivates us. No matter what stage of life you are in, there is always something you can do to serve. Simply participating in congregational planned events is important because you are then encouraging others, showing them that you want your family to be with other Christians."



"Love one another with brotherly affection. Outdo one another in showing honor." Romans 12:10