

**WATCHMAN CATHOLIC CHARISMATIC RENEWAL MOVEMENT**  
**2024 FIRST FRUIT FASTING EXERCISE Jan.22 – Feb 11. 2024**  
(Day 5)

**Theme: JUMPING IN THE JOY OF JUBILEE**  
**Texts: Ps.4:3-8; 32:11; 126:1-6**  
**Topic: THE HIGHWAY OF HUMILITY**  
**Sub-Texts: Matt.11:28,29; Phil.2:3-10**

In a world filled with narcissism, covetousness, pride, ego, hatred, violence, immorality, high mindedness, treachery, incontinence, hypocrisy, scorn, perversity and all manner of tell-tale-signs of the end time, the subject matter of humility cannot be overemphasized. (2Tim.3:1-5 1 Tim. 4:1-4)

Humility is defined as the quality of having a modest or low view of one's importance. It was the first prescription that the Lord made to potential disciples. (Matt.11:28,29)

The word "**lowly**" came from the Greek **Tapēinos** (*pronounced tap-i-nos*) means **depressed i.e. (fig) humiliated (in circumstance or disposition)**. Tapēinos primarily means that which is low, and does not rise far above the ground. It signifies lowly, of no degree, low estate (Rom.12:16), cast down (2Cor.7:6), humble (Jas.4:6; 1Pet.5:5).

Humility is a grace that attracts more grace, as the Lord blesses the humble with divine resources (Jas. 4:6, 1 Pt. 5:5). **Humility is the fertile soil for growing the fruit of the Spirit**, hence the Master's prompt recommendation to potentials disciples (Matt.11:28,29). Humility is the **springboard of divine exaltation** (Pro.16:12; 15:33; Jas.4:6,10).

Unfortunately, the lack of this grace has caused severe damages in the lives of many: marital relationship; academic, career, business, spiritual lives.

**Jesus is the Exemplar of humility** as He lived it out by both precept (Matt.11:29, 18:2-4; Lk.9:23-26, 46-48; 14:7-11) and practice (Jn. 13:4-15; 5:30; Matt. 12:15-21).

The humble has the awareness that whatever he has was given by God and so does not need to brag or feel unduly important (Ps. 75:6,7; 1 Cor. 4:7). This awareness of not being better than they on his own merit makes him skeptical to seeking to be brought to lime light (Jn.7:4; 6:15-17; ct. Pro.17:19), carry a servant like attitude (2 Cor. 4:5), adapt to the culture of others (1Cor.9:19-23), give God alone all glory (1 Cor. 3:7; Jn. 3:30), honour others (Rom.12:10; Phil.2:3), seamlessly associate with believers of low status (Rom.12:16), think soberly i.e. humble self-evaluation (Rom.12:3).

The grace that follows this awareness is so powerful that God Himself even gets thrilled when expressed. (Phil. 2:5-10; Lk. 15:17-21; 1Kgs. 21:29; 3:7-13).

King Solomon's metamorphosis from a humble to a proud king is a warning to all that enjoy some credit (cp. Ezek. 28:12-15; Isa.14:12-17; 1Cor.10:12).

Now, because of the indispensability of this quality, the Lord Himself does set up mechanisms to keep His people humble (cons. 2 Cor.12:7; Deut. 8:2-4).

Humility can be generated and sustained by:

- (i) Being aware of one's short comings, limitations and strength.
- (ii) Appreciating the strength of others.
- (iii) Learning from colleagues and other resource persons irrespective of status.
- (iv) Maintaining the consciousness that God is All in All; and regularly giving Him the glory. (1 Cor. 4:7; 2 Cor. 4:7).

The highway of humility is the path to divine exaltation, or prosperity.

It is such wayfarers that can enjoy a sustained Joy of Jubilee.