

## VERSES ON HUMILITY

**Numbers 12:3** 3 The man Moses was very humble (עָנָו), more than all people who were on the face of the earth.

**Deuteronomy 8:2-3** 2 You shall remember the whole way that Yahweh your God has led you these forty years in the wilderness, that he might humble you, testing you to know what was in your heart, whether you would keep his commandments or not. 3 And he humbled you, let you hunger, and fed you with manna, which you did not know, nor did your fathers know, that he might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of Yahweh.

**1 Samuel 2:8** 8 [Yahweh] raises up the helpless (לֵדָה) from the dust. He lifts the needy from the ash heap to make them sit with princes and inherit a seat of honor.

**2 Samuel 6:21-23** 21 David said to Michal, [My leaping and dancing] was before Yahweh who chose me above your father and above all his house to appoint me as prince over Israel, the people of Yahweh—and I will celebrate before Yahweh. 22 I will know myself to be even more insignificant (לֵדָה) than this, and I will be of low standing (לֵדָה) in your eyes. But by the female servants of whom you have spoken, by them I shall be held in honor.

**2 Samuel 22:28** 28 You save a needy (עָנָו) people, but your eyes are on the proud to bring them down.

**2 Kings 22:19** 19 Because your heart was penitent, and you [Josiah] humbled yourself before Yahweh when you heard how I spoke against this place and against its inhabitants, that they should become a desolation and a curse, and you have torn your clothes and wept before me, I also have heard you, declares Yahweh.

**2 Chronicles 7:14** 14 If my people who are called by my name humble themselves, pray, seek my face, and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.

**2 Chronicles 28:19** 19 Yahweh humbled (כִּנְעַ) Judah because of Ahaz king of Israel, for he had brought about a lack of restraint in Judah and was very unfaithful to Yahweh.

**2 Chronicles 34:27** 27 Because your heart was tender and you [Josiah] humbled yourself before God when you heard his words against this place and its inhabitants, and you have humbled yourself before me and have torn your clothes and wept before me, I also have heard you, declares Yahweh.

**2 Chronicles 33:23** 23 [Amon] did not humble himself before Yahweh as Manasseh his father had humbled himself, but this Amon incurred guilt more and more.

**2 Chronicles 36:12** 12 [Zedekiah] did what was evil in the sight of Yahweh his God. He did not humble himself before Jeremiah the prophet, who spoke from the mouth of Yahweh.

**Psalm 10:17** 17 Yahweh, you hear the desire of the humble (עָנָו). You will strengthen their heart. You will incline your ear.

**Psalm 18:27** 27 You save a humble people, but the haughty eyes you bring down.

**Psalm 18:35** 35 You have given me the shield of your salvation, your right hand supported me, and your humility (עֲנֻוָה) made me great.

**Psalm 25:9** 9 [Yahweh] leads the humble (עָנָו) in what is right and teaches the humble (עָנָו) his way.

**Psalm 37:11** 11 The humble (עָנָו) shall inherit the land and delight themselves in abundant peace (שְׁלוֹם).

**Psalm 44:8** 8 In God we have boasted continually, and we will give thanks to your name forever.

**Psalm 51:17** 17 The sacrifices of God are a broken (שֹׁבֵר) spirit. A broken (שֹׁבֵר) and crushed (דָּכָה) heart, God, you will not despise.

**Psalm 76:7-9** 7 You, you are to be feared! Who can stand before you when once your anger is roused? 8 From the heavens you uttered judgment. The earth feared and was still, 9 when God arose to establish judgment, to save all the humble (עָנָו) of the earth.

**Psalm 113:5-8** 5 Who is like Yahweh our God, who is seated on high, 6 who looks far down on the heavens and the earth? 7 He raises the helpless (לָדָל)<sup>1</sup> from the dust and lifts the needy (יְאֶבְיֹון)<sup>2</sup> from the ash heap, 8 to make them sit with princes, with the princes of his people.

**Psalm 119:141** 141 I am small (צָעִיר) and despised (בִּזְוָה), yet I do not forget your precepts.

**Psalm 131:1-2** 1 Yahweh, my heart is not lifted up. My eyes are not raised too high. I do not occupy myself with things too great and too marvellous for me. 2 But I have calmed and quieted my soul, like a weaned child with its mother. Like a weaned child is my soul within me.

**Psalm 138:6** 6 Though Yahweh is high, he regards the lowly (שָׁפֵל),<sup>3</sup> but the prideful (גִּבּוֹהַ) he knows from afar.

**Psalm 149:4** 4 Yahweh takes pleasure in his people. He adorns the humble (עָנָו) with salvation (יִשְׁעָה).

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<sup>1</sup> Low, poor, helpless, powerless, insignificant, small, downcast, sullen (*HALOT*, 221-22).

<sup>2</sup> Miserable, poor, needy, oppressed (*HALOT*, 5).

<sup>3</sup> Low lying; of little value, low standing; humble (*HALOT*, 1632).

**Proverbs 11:2** 2 When pride (זָדוֹן)<sup>4</sup> comes, then comes disgrace, but with the humble (צָנוּעַ) is wisdom (חָכְמָה).

**Proverbs 15:33** 33 Humility (עֲנָוָה) comes before honor.

**Proverbs 16:19** 19 It is better to be of a lowly spirit (שָׁפֵל־רִיחַ) with the poor (עֲנִיִּים) than to divide the spoil with the proud.

**Proverbs 18:12** 12 Before destruction a man's heart is haughty (גְּבוּהָ), but humility (עֲנָוָה) comes before honor (כְּבוֹד).

**Proverbs 22:4** 4 The reward for humility (עֲנָוָה) and fear of Yahweh (יְרֵאָת יְהוָה) is riches (עֲשָׂר), honor (כְּבוֹד), and life (חַיִּים).

**Proverbs 25:6-7** 6 Do not put yourself forward in the king's presence or stand in the place of the great, 7 for it is better to be told, Come up here, than to be put lower in the presence of a noble.

**Proverbs 27:1-2** 1 Do not boast about tomorrow, for you do not know what a day may bring. 2 Let another praise you, and not your own mouth. A stranger, and not your own lips.

**Proverbs 29:23** 23 One's pride (גָּאֹוָה)<sup>5</sup> will bring him low, but he who is lowly in spirit (שָׁפֵל־רִיחַ) will obtain honor.

**Isaiah 5:15** 15 Man is humbled, each one is brought low, and the eyes of the haughty are brought low.

**Isaiah 57:15** 15 I [Yahweh] dwell in the high and holy place, and also with him who is of a crushed (דָּכָא)<sup>6</sup> and lowly spirit (שָׁפֵל־רִיחַ), to revive the spirit of the lowly (שָׁפְלִים), and to revive the heart of the crushed (דָּכָא).<sup>7</sup>

**Isaiah 66:2** 2 This is the one to whom I [Yahweh] will look: he who is humble (עָנִי) and broken in spirit (נִכְהָר־רִיחַ) and fears (חָרַד) my word.

**Daniel 4:33-35** 33 Immediately the word was fulfilled against Nebuchadnezzar. He was driven from among men and ate grass like an ox, his body was wet with the dew of heaven till his hair grew as long as eagles' feathers, and his nails were like birds' claws. 34 At the end of the days I, Nebuchadnezzar, lifted my eyes to heaven, and my reason returned to me, and I blessed the Most High, and praised and honored him who lives forever, for his dominion is an everlasting dominion, and his kingdom endures from generation to generation. 35 All the

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<sup>4</sup> Presumptuousness, over-confidence, boundless insolence (*HALOT*, 263).

<sup>5</sup> Roaring (of the sea); eminence; arrogance (*HALOT*, 168).

<sup>6</sup> Crushed, humiliated; crushed matter, dust (*HALOT*, 221).

<sup>7</sup> Oppressed; to crush; to beat; to be crushed; to lie crushed about (*HALOT*, 221).

inhabitants of the earth are accounted as nothing, he does according to his will among the host of heaven and among the inhabitants of the earth, and none can stay his hand or say to him, What have you done?

**Daniel 10:12** 12 Fear not, Daniel, for from the first day that you set your heart to understand and humbled (עננ) yourself before your God, your words have been heard, and I [Gabriel?] have come because of your words.

**Micah 6:8** 8 He has told you, man, what is good. And what does Yahweh require of you but to do justice, love kindness, and walk humbly (צנע) with your God?

**Zephaniah 2:3** 3 Seek Yahweh, all you humble (יִצְטַר) of the land who do his just commands. Seek righteousness. Seek humility (הִתְעַנֶּה). Perhaps you may be hidden on the day of the anger of Yahweh.

**Matthew 5:3-5** 3 Blessed are the poor in spirit (οἱ πτωχοὶ τῷ πνεύματι), for theirs is the kingdom of heaven. ...5 Blessed are the humble (οἱ πραεῖς), for they will inherit the earth.

**Matthew 11:28-30** 28 Come to me [Jesus], all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am humble (πραῦς) and lowly (ταπεινός) in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light.

**Matthew 11:28-29** 28 Come to me, all who are weary and heavy-laden, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am meek (πραῦς) and humble (ταπεινός) in heart, and you will find rest for your souls.

**Matthew 18:4** 4 Whoever...humbles (ταπεινῶ) himself as this child, he is the greatest in the kingdom of heaven.

**Matthew 20:26-27** 26 Whoever would be great among you must be your servant (διάκονος), 27 and whoever would be first among you must be your slave (δοῦλος).

**Matthew 23:8-12** 8 Do not be called rabbi (ράββι). For one is your Teacher (διδάσκαλος), and you are all brothers. 9 Do not call anyone on earth your father. For one is your Father, he who is in heaven. 10 Do not be called leaders. For one is your Leader—Messiah. 11 But the greatest among you will be your servant (διάκονος). 12 Whoever exalts himself will be humbled, and whoever humbles himself will be exalted.

**Mark 9:35** 35 And [Jesus] sat down and called the twelve. And he said to them, If anyone would be first, he must be last of all and servant of all.

**Mark 10:43-45** 43 Whoever wishes to become great among you will be your servant, 44 and whoever wishes to be first among you will be slave of all. 45 For even the Son of Man did not come to be served, but to serve and to give his life a ransom for many.

**Luke 1:48-52** 48 [God] has had regard for the humility (τὴν ταπεινότητα) of his bondsman [Mary]. For look, from this time on all generations will count me blessed. ...51 He has scattered the proud in the thoughts of their heart. 52 He has brought down rulers from thrones and has exalted those who were humble (ταπεινός).

**Luke 9:48** 48 The one who is least (μικρός) among all of you, this is the one who is great.

**Luke 14:10-11** 10 When you are invited, go and sit in the lowest place (εἰς τὸν ἑσχάτον τόπον), so that when your host comes he may say to you, Friend, move up higher. Then you will be honoured in the presence of all who sit at table with you. 11 For everyone who exalts himself will be humbled (ταπεινῶω, fut. pass.), and he who humbles (ταπεινῶω, pres. act.) himself will be exalted.

**Luke 18:9-14** 9 [Jesus] also told this parable to some people who trusted in themselves that they were righteous and viewed others with contempt: 10 Two men went up into the temple to pray, one a Pharisee and the other a tax collector. 11 The Pharisee stood and was praying this to himself: God, I thank you that I am not like other people: swindlers, unjust, adulterers, or even like this tax collector. 12 I fast twice a week. I pay tithes of all that I get. 13 But the tax collector, standing some distance away, was even unwilling to lift up his eyes to heaven, but was beating his breast saying: God, be merciful to me, the sinner! 14 I tell you, this man went to his house justified (δικαιῶω, perf. pass.) rather than the other. For everyone who exalts himself will be humbled, but he who humbles himself will be exalted.

**Luke 22:26** 26 Let the greatest among you become as the youngest (νέος), and the leader as one who serves (διακονέω, pres.).

**John 3:27-30** 27 A man can receive nothing unless it has been given him from heaven. 28 You yourselves are my witnesses that I [John] said, I am not the Messiah, but I have been sent ahead of him. 29 He who has the bride is the bridegroom. But the friend of the bridegroom, who stands and hears him, rejoices greatly because of the bridegroom's voice. So this joy of mine has been made full. 30 He [Jesus] must increase, but I must decrease.

**John 13:12-15** 12 When [Jesus] had washed [the disciples'] feet, taken his garments, and reclined again, he said to them: Do you know what I have done to you? 13 You call me Teacher and Lord, and you are right, for I am. 14 If I then, the Lord and the Teacher, washed your feet, you also ought to wash one another's feet. 15 For I gave you an example that you also should do as I did to you.

**Acts 20:18-20** 18 And when they came to [Paul], he said to them: You yourselves know how I lived among you the whole time from the first day that I set foot in Asia, 19 serving the Lord [Jesus] with all humility, with tears, and with trials that happened to me through the plots of the Jews, 20 how I did not shrink from declaring to you anything that was profitable, and teaching you in public and from house to house....

**Romans 12:16** 16 Do not be arrogant (ὕψηλός) in mind but associate with the lowly (τοῖς ταπεινοῖς). Do not be wise in your own estimation.

**1 Corinthians 1:26-31** 26 Consider your calling, brothers and sisters. Not many of you were wise according to worldly standards, not many were powerful, not many were of noble birth. 27 But God chose what is foolish in the world to shame the wise. God chose what is weak in the world to shame the strong. 28 God chose what is low and despised in the world, even things that are not, to nullify the things that are, 29 so that no man may boast before God. 30 And because of him you are in Messiah Jesus, who became to us wisdom from God, righteousness, sanctification, and redemption, 31 so that, as it is written, Let the one who boasts, boast in the Lord.

**1 Corinthians 3:21** 21 Let no one boast in men.

**1 Corinthians 4:7-13** 7 What do you have that you did not receive? And if you did receive it, why do you boast as if you had not received it? 8 Already you have all you want! Already you have become rich! Without us you have become kings! And would that you did reign, so that we might share the rule with you! 9 I think that God has exhibited us apostles as last of all, like men sentenced to death, because we have become a spectacle to the world, to angels, and to men. 10 We are fools for Messiah's sake, but you [Corinthians] are wise in Messiah. We are weak, but you are strong. You are held in honor, but we in disrepute. 11 To the present hour we hunger and thirst, we are poorly dressed, buffeted, and homeless, 12 and we labor, working with our own hands. When reviled, we bless. When persecuted, we endure. 13 When slandered, we entreat. We have become, and are still, like the scum of the world, the refuse of all things.

**2 Corinthians 4:7** 7 We have this treasure in jars of clay to show that the surpassing power belongs to God and not to us.

**2 Corinthians 10:17-18** 17 He who boasts is to boast in the Lord. 18 For it is not he who commends himself that is approved, but he whom the Lord commends.

**2 Corinthians 11:30** 30 If I [Paul] must boast, I will boast of the things that show my weakness.

**2 Corinthians 12:7-9** 7 Because of the surpassing greatness of the revelations, for this reason, to keep me [Paul] from exalting myself, there was given me a thorn in the flesh, a messenger of Satan to torment me—to keep me from exalting myself! 8 Concerning this I implored the Lord three times that it might leave me. 9 And he has said to me: My grace is sufficient for you, for power is perfected in weakness. Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Messiah may dwell in me.<sup>8</sup>

**Galatians 6:14** 14 May it never be that I [Paul] would boast, except in the cross of our Lord Jesus Messiah, through which the world has been crucified to me and I to the world.

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<sup>8</sup> When we humble ourselves, the power of Messiah dwells within us.

**Ephesians 4:1-2** 1 I...implore you to walk in a manner worthy of the calling with which you have been called, 2 with all humility (ταπεινοφροσύνη) and meekness (πραΰτης), with patience, showing tolerance for one another in love.

**Philippians 2:3-8** 3 Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves. 4 Do not look out for your own personal interests but also for the interests of others. 5 Have this attitude in yourselves which was also in Messiah Jesus, 6 who although he existed in the form of God did not regard equality with God a thing to be grasped, 7 but emptied himself by taking the form of a bond-servant, being made in the likeness of men. 8 Being found in appearance as a man, he humbled himself by becoming obedient to the point of death, even death on a cross.

**Colossians 3:12** 12 As those who have been chosen of God, holy and beloved, put on a heart of affection (σπλάγχνον), compassion (οικτιρμός), kindness (χρηστότης), humility (ταπεινοφροσύνη), gentleness (πραΰτης), and patience (μακροθυμία).

**James 1:9-10** 9 The brother of humble circumstances is to glory in his high position, 10 and the rich man is to glory in his humiliation, because like flowering grass he will pass away.

**James 1:21** 21 Putting aside all dirtiness and excess of wickedness, in humility receive the word implanted, which is able to deliver your souls.

**James 4:6** 6 God is opposed to the proud but gives grace to the humble.

**James 4:10** 10 Humble yourselves in the presence of the Lord, and he will exalt you.

**1 Peter 3:4** 4 Let your adorning be the hidden person of the heart with the imperishable beauty of a humble (πραΰς) and quiet spirit, which in God's sight is very precious.

**1 Peter 3:8** 8 To sum up, all of you be like-minded (ὁμόφρων), sympathetic (συμπαθής), having brotherly love (φιλάδελφος), compassionate (εὐσπλαγχνος), and humble (ταπεινόφρων).

**1 Peter 5:5-6** 5 All of you, clothe yourselves with humility (ταπεινοφροσύνη) toward one another, for God is opposed to the proud but gives grace to the humble (ταπεινός). 6 Therefore humble (ταπεινώ) yourselves under the mighty hand of God, that he may exalt you at the proper time.