

# 10 Secrets to a Humble and Happy Life in Christ

Jesus says in Matthew 5:3 (AMPC), “Blessed...are the poor in spirit (the humble, who rate themselves insignificant), for theirs is the kingdom of heaven!”

Humility isn't a very popular word, yet, all throughout the Bible, the Lord teaches us about the benefits of being “humble-minded.” I love James 4:6. It says, “God opposes the proud but shows favor to the humble” (NIV). In other words, the humble get the help!

I believe humility is often misunderstood and viewed as a weakness. But it's the exact opposite. Humility places us in a position to receive God's grace and become everything He's created us to be.

A humble person is also a *happy* person. They have joy in their life and what God has called them to do, regardless of what the world thinks about it.

For instance, maybe your current circumstances and responsibilities in God's plan for you are mundane by the world's standards. A prideful person would rather do something they think the world admires...something others see as “important.” But the truth is it's not what we *do* that makes us important.

We are important because God created us and He loves and values us. As we receive His love and find our true worth *in Him*, then we can truly enjoy our purpose in life and be genuinely content.

So many people are miserable, constantly comparing themselves to others who they think are smarter, prettier, or more successful. But the “poor in spirit” have the ability to be

happy with who they are.

My husband, Dave, is a perfect example. Years ago, the Lord instructed him to leave his job in the engineering field to help establish *Joyce Meyer Ministries*.

At that time, God spoke to his heart and said, "If you do what I am calling you to do and support Joyce so she can do what I've called her to do, then you will have real peace and happiness."

Dave is an extremely vital part of this ministry. We are a team, and he oversees all of the business and financial aspects of the organization. He is a truly humble man—a man who is secure and knows that God approves of him—and he's okay with his wife being the one "out front."

I can honestly say that Dave is one of the happiest people I know. He knows what God has asked him to do and he is doing it with joy.

Here are some other character traits of a humble person:

1. The humble can always ask for help, and they don't insist on everything being done their way.
2. They are quick to forgive others, difficult to offend, and content to wait on God for vindication when they have been wronged.
3. They are patient and don't get frustrated with the weaknesses of others.
4. The humble person is a peacemaker. In fact, we need humility to maintain peace in our lives. Romans 12:16 (AMPC) says, "Live in harmony with one another; do not be haughty...but readily adjust yourself to [people, things] and give yourselves to humble tasks. Never overestimate yourself..."
5. A humble person knows when to be quiet. It's certainly not

wrong to talk, but a humble person is comfortable allowing others to have center stage and doesn't feel the need to speak their mind in every situation.

6. A humble person sees their own weaknesses and can readily admit them. When we open up to others about ourselves, it can actually encourage and help them realize they're not the only ones who deal with things.

7. A humble person happily serves other people, and they don't do it to impress others. They do it unto God, knowing their reward will come from Him.

8. A humble person is thankful. This is one reason they're usually so happy. When we live with an attitude of gratitude, it releases joy and power into our lives.

9. A humble person has a tender conscience and is quick to repent.

10. A leader who is truly humble treats everyone with respect. How a leader treats people is the quickest way to find out their level of humility.

First Peter 5:6 (NIV) says, "Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time." And Jesus says in John 15:5, "...Apart from me you can do nothing." I often pray things like, "Lord, I can do absolutely *nothing* without You today. Please help me—I need Your grace in every situation." The older I get, the more I realize the importance of humility.

I encourage you to pray and ask for God's help. By His grace, you can live with an attitude of humility and enjoy your life in Christ.

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