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Looks like...

Visual images

Humility: visual images can be powerful starting points for the exploration of concepts. For example, using the image below:

- What can you see?
- How would you describe the mood of the picture?
- What might the artist's intentions have been?



<http://gotell.org/>

Compare this image with the three that follow:



Fra Angelico: The Virgin of Humility
[https://en.wikipedia.org/wiki/Madonna_of_Humility_\(Fra_Angelico\)](https://en.wikipedia.org/wiki/Madonna_of_Humility_(Fra_Angelico))



Will Felix: Humility
<https://fineartamerica.com/featured/humility-will-felix.html>



“Another grandfather offered (humility) to teach the boy to know that he was equal to everyone else, no better or no less.”

Portion of a picture of 'humility' from *Seven Grandfather Teachings* (American Indian) . Scroll down to Dec 1 to find it on the blog.

<http://ziibiwing.wordpress.com/>

If you were to construct a visual image of humility, what colours would you choose? What lines? Shapes? Composition? What experiences in your life might influence you?

Video

In the videos listed below there is a range of material, including personal reflections, Bible verses, art, interviews, that could be used as a beginning point for an exploration of Humility.

Humility – Wim Mertens, Van Gogh, Maharaji
<http://www.youtube.com/watch?v=zDNY52ivQYY>

Pride and humility (interviews and Chris Tomlin *Amazing grace*)
<http://www.youtube.com/watch?v=Z40KT8yzZak>

Humility Bible verses spoken <http://www.youtube.com/watch?v=h06kQE91GSQ>

What is humility? <http://www.youtube.com/watch?v=NB4NpRupZOY&feature=related>

Humility, CS Lewis <http://www.youtube.com/watch?v=nYgs9rriokM&feature=related>

An individual reflection <http://www.youtube.com/watch?v=og92yUD23pM&feature=related>

Pride vs humility (interviews with teens)
<http://www.youtube.com/watch?v=BWpvLgwj5e8&feature=related>

View a selection. As a response, students could work individually or in groups to produce a video that reflects their own views of **humility** through dramatisation, others' views through interview, a poem, or they could illustrate a series of Bible verses that they think express the concept of **humility** well. Plan an event that enables the sharing of their work.

Paintings

When the disciples were discussing and arguing about who was the greatest among them, Jesus in his teaching took the power paradigm and stood it on it's head.

"At the time of Jesus, children were the most vulnerable members of society, and the "last of all" in social standing. Welcoming a child in Jesus' name is a radical reversal. Children were not outcasts. But they were non-persons in our midst. Jesus puts this reversal in the starkest, total, terms when he goes on: "whoever welcomes one such child in my name welcomes me, and whoever welcomes me welcomes not me but the one who sent me."

(David Ewart, retrieved 4/2/12 from <http://www.holytextures.com/2009/09/mark-9-30-37-year-b-pentecost-20-25-sermon.html>)

Use a selection of artists' representations of Jesus blessing children to analyse the story and it's intent:

- for each painting, describe what is happening.
- focus on Jesus: his position in the painting, body language, facial expression. Focus on the children: how many are there, where are they, what are they doing, how are they feeling?
- focus on any others in the painting: who are they, where are they, what are they doing, how are they feeling?
- do any of the paintings give an indication of a cultural context? What impact might this have on the mood and composition of the respective painting/s?



Image retrieved on 4/2/12 from <http://www.danshort.com/bible/page1.php?p=192>



Image retrieved on 4/2/12 from <http://www.angelfire.com/ar2/lulan/BiblicalStories.html>



S Z Richardson Who is the greatest? retrieved on 4/2/12 from <http://www.journeywithjesus.net/Essays/20060918JJ.shtml>

What are some ways to show humility?

Brainstorm. List. Revisit and add, amend and change over the week as your growing understanding of humility deepens and challenges.

Build a picture

Build up a picture by tracking humility through Jesus' life and teachings. Some Bible verses to help understand and express what it means to be humble follow. This tracking 'picture' could be recorded in such a way that it becomes a visual trail around the school.

Psalm 22:6 69:9
Isaiah 50:6 53:7
Isaiah 53:3
Zechariah 9:9
Matthew 3:13-15
Matthew 9:10,11
Matthew 11:29
Matthew 13:55
Matthew 20:28
Matthew 21:5,7
Matthew 26:37-39
Luke 2:4-7

Luke 2:51
Luke 9:58
Luke 15:1,2
Luke 22:27
John 5:41
John 6:15
John 6:38
John 9:29
John 10:15,17,18
John 13:5
John 13:5
Acts 8:32

Romans 15:3
2Corinthians 8:9
Philippians 2:5-8
Philippians 2:7
Philippians 2:8
Philippians 2:9
Hebrews 2:16
Hebrews 4:15, 5:7
Hebrews 10:9
Hebrews 12:2

Movies

A number of movies have potential for teaching about humility. You will need to be a subscriber to access the Learning guides available on the site.

<http://www.teachwithmovies.org/char-devel-index-4.htm>

- Amadaeus
- Moby Dick
- The Odyssey
- Pride and Prejudice

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Sounds like...

Bible Stories

- Jesus and the little children (Mark 9:36, 37)

Notes on the following can be found at <http://www.kidsofintegrity.com/humility-5>

- A proud king takes a tumble (Daniel 4)
- A humble heart and a proud heart (Luke 18: 9-14)
- Solomon's humility and God's response (2 Chronicles 1:1, 7-12, 6:10-21, 7:1-3, 11-15.)
- A sad story of pride (1 Kings 11:1-13)
- Proud Pharisees (Matthew 23: 1-12)
- Punishment for the proud (Ezekiel 28:1-8, Proverbs 16:5)
- Forgiveness for the humble (2 Chronicles 33:1-5, 7-17.)
- A wise choice (2 Kings 5:1-19)
- Sibling rivalry (Numbers 12)

Bible passages related to humility

2 Chronicles 7:14
Job 22:29
Proverbs 16:19
Proverbs 18:12
Proverbs 22:4
Proverbs 29:23
Isaiah 57:15

Micah 6:8
Matthew 20:20-28
Matthew 5:5
Matthew 5:5
Matthew 23:12
Matthew 25:40
Mark 9:35

Luke 1:38
Luke 22:42
Romans 12:3
Philippians 2:1-13
James 4:6
1 Peter 5:5
1 Peter 5:6

Bible passages related to pride

Proverbs 6:16-17
Proverbs 8:13
Proverbs 11:2
Proverbs 13:10

Proverbs 14:3
Proverbs 15:25
Proverbs 16:5
Proverbs 16:18

Proverbs 29:23
James 4:6
1 Peter 5:5

Music

Listen to and view the video clips. Discuss the message of each song in the light of a study of humility.

- Casting Crowns: All because of Jesus
http://www.youtube.com/watch?v=ll5Rh-12p_0&feature=fvsr
- Newsboys: I am free
<http://www.youtube.com/watch?v=nR7bBEBIC9g>
- Newsboys: Shine
<http://www.youtube.com/watch?v=GoMafmhYKto&feature=related>
- Newsboys: Go
<http://www.youtube.com/watch?v=wpNLiTG4DpM&feature=related>
- Daughters of Judah: Overshadow me
<http://www.youtube.com/watch?v=3GUmq8TDOWs&feature=related>

- Christy Nockels: My heart, your home
http://www.youtube.com/watch?v=nG-A_val7Pg&feature=related
- Bebo Norman: Nothing without you
http://www.youtube.com/watch?v=W4wxxG_GRB0&feature=related
- Tim Hughes: Be my everything
<http://www.youtube.com/watch?v=hteS7tzk6bs&feature=related>

Quotes

How others view and articulate an understanding of humility can be enlightening. Invite students to analyse and respond to the following:

Charles Swindoll: "The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say I do. It is more important than appearance, giftedness or skill. It will make or break a company...a church...a home. The remarkable thing is that we have a choice every day regarding the attitude we will embrace for the day. We cannot change our past. We cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% of how I react to it."

Our Lord connects [the idea of] greatness with the love that works not for its own greatness, but for the benefits of the other. In Jesus God was sweeping away humanity's "love of greatness" and replacing it with God's "greatness of love". Rt. Rev'd Suheil S. Dawani, the Anglican Bishop in Jerusalem

There's an Asian proverb, "The taller the bamboo grows, the lower it bends".

A.W. Tozer once wrote an article called "Humility True and False" and concluded: "I have met two classes of Christians: the proud who imagine they are humble, and the humble who are afraid they are proud. There should be another class: the self-forgetful who leave the whole thing in the hands of Christ, and refuse to waste any time trying to make themselves good. They will reach the goal far ahead of the rest".
<http://jmm.aaa.net.au/articles/2267.htm>

Karl Barth, a famous theologian said, "A generation with no great anguish in its heart will have no great music on its lips."

If you want to make God laugh, tell him your plans. Woody Allen

An Arab proverb says: "All sunshine and no rain make for a desert."

Pride says to itself, "My will be done." Humility says to God, "Thy will be done."

<http://www.kentcrockett.com/cgibin/illustrations/index.cgi?topic=Pride>

Humility is the most difficult of all virtues to achieve; nothing dies harder than the desire to think well of oneself. T. S. Eliot

Humility is subtle, as Christian author Roy Zuck asserts. Humility is a strange thing; the minute you think you've got it, you've lost it.

[a wise person] acts without claiming the results as his; he achieves his merit and does not rest (arrogantly) in it - he does not wish to display his superiority. Tao Te Ching

Menachem Schneerson, the famous Lubavitcher rabbi from Brooklyn, used to stand every week for hours as thousands of people filed by to receive his blessing or his advice about matters great and small. Once someone asked him how he, who was in his 80s, could stand for so long without seeming to get tired. The rabbi replied, "When you're counting diamonds you don't get tired."

If we want to be lifelong learners, we must first of all learn to be humble.
Paul Thigpen

Literature

For an exploration of humility using *The hare and the tortoise* and *The sailor man* and an activity relating humility with actions, see

<http://www.sathyaiahv.org.uk/Workbook%20Lesson%20Plans/Book%201.2007/071.04.pdf>

The ugly duckling: view it another language and discuss the story line, emotion and message of the story as it is transmitted by image and sound/effects without the benefit of the text (Italian)

http://www.youtube.com/watch?v=Ubj-daG_DII&feature=related

Ferdinand, a classic from 1938

<http://www.youtube.com/watch?v=lbrixKrBpxq&feature=related>

Old turtle

<http://www.youtube.com/watch?v=zzT6em0Wqcl>

Stories about humility with an audio option:

- *The big match*
- *The cloudsqueezer*
- *Speedy snails*
- *Billy Peck, Tightrope Waddler*
- *The princess without a palace*
- *Lola the whale*

can be found here...

<http://freestoriesforkids.com/tales-for-kids/values-and-virtues/stories-about-humility>

Other perspectives

A Christian view of humility can be compared with Buddhist and Islamic views together with a perspective from a much older tradition...

This is a story from the Buddhist tradition. There was a young man who wanted to discover the way to truth, goodness and salvation. The young man came to Buddha and asked him to show him the way to salvation. Buddha took the young man down to the river and out into the middle of the river where it was waist deep. Buddha took the young man by the back of the neck and put his head under water. The young man thought, "I am being baptized and Buddha will up my head shortly." But Buddha held his head under the water longer and longer. The young man struggled and pushed his head up, but Buddha used his second arm and hand and pushed on the man's head harder and harder. Buddha's arms and hands were enormously powerful and strong. The young man tried to force his neck and head up above water, but the Buddha wouldn't let him. The young man was coughing under water and Buddha finally let him up and the young man grasped for air. The young man coughed out his words, "Buddha, why did you do that?" Buddha replied, "When you thought that you were drowning, what did you desire most?" The young man said, "Air." Buddha said, "When you crave God's goodness and wholeness as much as you craved air, you will find it."

http://www.sermonsfromseattle.com/series_a_true_joe_vs_temproary_happiness.htm

Muslims constantly strive to remember and practice Islamic virtues, and put them into practice throughout their daily lives. Among these great Islamic virtues are submission to Allah, self-restraint, discipline, sacrifice, patience, brotherhood, generosity, and humility. In English, the word "humility" comes from the Latin root word which means "ground." Humility, or being humble, means that one is modest, submissive and respectful, not proud and arrogant. You lower yourself to the ground, not elevate yourself above others. In prayer, Muslims prostrate themselves to the ground, acknowledging human beings' lowliness and humility before the Lord of the Worlds.

<http://islam.about.com/od/prayer/a/humility.htm>

Unlike our Western societies that honor and esteem children, ancient societies honored the elderly in one's clan. Reflecting this outlook, St. Thomas Aquinas once answered the question, "If there was a fire, whom should I rescue first?" Thomas listed in the order of importance: one's parents first, one's spouse second, one's children last of all. Children were the least important. Serving one such as a child really showed true leadership for they served the ignored and the helpless.

<http://www.word-sunday.com/Files/b/25-b/A-25-b.html>

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A prayer a day

These prayers can be used in a number of ways both personally and corporately. Individuals could cut them apart to make a collection, select one a day and make it their focus for the day, they could be prayed sequentially as a daily ritual, they could be posted, one a day, in a place where they can be viewed by larger groups of people, they could be used in worship,...

Monday	Tuesday	Wednesday	Thursday	Friday
God, guide each step I take so that I walk humbly with you each day. Romans 12:3	God, open my ears so that I might learn from the people around me. Proverbs 13:10	God, show me an opportunity to serve someone else anonymously. Matthew 6:6	God, open my heart so that I can give to others what they need, not what I want to give. Psalm 51:10	God, teach me to put others ahead of myself. Philippians 2:3
God, give me the humility of your disciples, the ability to drop what I am doing and follow you. Matthew 4:19-20	God, may my life's journey be marked by simplicity, kindness and love. 2 Corinthians 9:8	God, teach me not to go after power, but to seek opportunities for servanthood. John 13:16	God, make me a champion of the poor, the repressed and the underprivileged. Luke 18:14	God, teach me to love kindness and show me new ways to work for justice. Micah 6:8
God, come into my heart and help me to never again have a "me-first" attitude. Galatians 5:13	God, make it clear what I am supposed to do to serve you. Romans 12:6-8	God, help me treat each person I encounter with care and concern. 1 Cor. 13:5	God, may others know you through me, not because of loud words, but through quite actions. James 4:6	God, teach me to live by Christ's example of humility—to serve, not to be served. Luke 22:27
God, thank you for sending your son to forgive my sins, despite my failings and shortcomings. Psalm 103:12	God, help me remember that children need love, not possessions. Luke 2:7	God, when it becomes a chore to go to church, help me remember those who do not have the religious freedom I have. 2 Corinthians 3:17	God, lead me to do something today to show someone else that they really matter. 1 Corinthians 12:27	God, help me to appreciate my life just as it is right now. Matthew 11:29
God, enable me to see my faults and admit my mistakes. Let me never blame others or point fingers. James 5:16	God, help me to not take credit for the good that you do. Philippians 2:13	God, show me how to love rather than look down upon those people whom I dislike or disagree with. Luke 6:33	God, teach me to pray without ceasing and to live constantly appreciating your grace. 1 Thessalonians 5:16-18	God, guide me to find happiness and fulfillment in giving to others, not in gathering possessions. 2 Corinthians 12:9
God, bring people	God, I am	God, may my	God, support my	God, I humbly ask

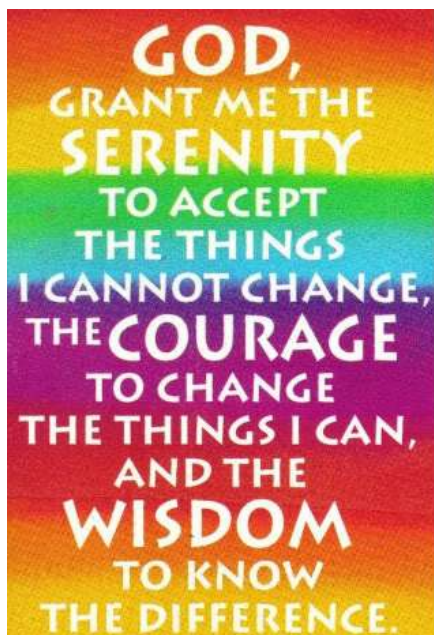
into my life who are holy and whose example I might follow. Ephesians 5:1	thankful that no one is out of the reach of your grace. Psalm 10:17	one true success be faithfully following you. 1 Timothy 4:7-8	efforts to love my neighbor even more than myself. Matthew 22:39	you to guide me, especially in those times that I don't know what to pray. Luke 11:1
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Source: http://northgaumc.s3.amazonaws.com/Files/Prayer_Calendar/June07PrayerCal.pdf

Humility Litany

<http://www.youtube.com/watch?v=uzlleuONekI&feature=related>

The Serenity Prayer



Serenity Prayer Exercises

One general guideline that I have personally found helpful is the “me-you principle.” If something needs to change, it needs to change in me, while if something about you seems to be my problem, then what I really need to do is realize that you are who you are right now and accept that truth. It’s funny how it works out. When I don’t waste my energy trying to change you, I seem to have a lot more energy left over to change myself and when I work on changing myself, I seem to have a lot less problems with you. Rabbi Shais Taub

<http://www.renascent.ca/what-does-the-serenity-prayer-mean/>

The Full Original Copy of the Serenity Prayer by Reinhold Niebuhr (1892-1971)

God, give us grace to accept with serenity
the things that cannot be changed,
Courage to change the things
which should be changed,
and the Wisdom to distinguish
the one from the other.

Living one day at a time,
Enjoying one moment at a time,
Accepting hardship as a pathway to peace,
Taking, as Jesus did,
This sinful world as it is,

Not as I would have it,
Trusting that You will make all things right,
If I surrender to Your will,
So that I may be reasonably happy in this life,
And supremely happy with You forever in the next. Amen.

<http://thevoiceforlove.com/serenity-prayer.html>

Prayer of St Francis

Angelina <http://www.youtube.com/watch?v=Zl1Gst7pEgc&feature=related>

Westminster Abbey Choir

<http://www.youtube.com/watch?v=eHVz45n5a9M&feature=related>

“Dayenu!”

The Jewish people have a beautiful prayer form, a kind of litany to which the response is always “Dayenu!” (“It would have been enough!”)

They list one by one the “mirabilia Dei”, the wonderful works of God for their people and themselves, and after each one, shout out DAYENU! As if to say, “How much is it going to take for us to know that God is with us?!” It builds satisfaction instead of feeding dissatisfaction.

Maybe we all should begin our days with a similar litany of satisfaction, abundance, and enoughness. God, you have given me another day of totally gratuitous life: my health, my eyes, my ears, my mind, my taste, my family, my freedom, my education, clean water, more than enough food, a roof over my head, a warm bed and blanket, friends, sunshine, a beating heart, and your eternal love and guidance. To any one of these we must say, “And this is more than enough!”

If we begin our day with any notion of scarcity, not-enoughness, victimhood, or “I deserve”, I promise you the day will not be good—for you or for those around you. Nor will God be glorified <http://richardrohr.wordpress.com/>

Prayers for humility

God, I am far too often influenced by what others think of me. I am always pretending to be either richer or smarter or nicer than I really am. Please prevent me from trying to attract attention. Don't let me gloat over praise on one hand or be discouraged by criticism on the other. Nor let me waste time weaving imaginary situations in which the most heroic, charming, witty person present is myself. Show me how to be humble of heart, like you.

<http://www.michaelppowers.com/path/humility.html>

O Father, give us the humility which realizes its ignorance,
Admits its mistakes, recognizes its need, welcomes advice,
Accepts rebuke. Help us always to praise rather than to criticize,
To sympathize rather than to discourage, to build rather than to destroy,
And to think of people at their best rather than at their worst.

This we ask for thy name's sake.

(Prayer of William Barclay)

<http://www.ramshornstudio.com/humility.htm>

Lord Jesus Christ, I pray that you may fortify me with the grace of your Holy Spirit, and give your peace to my soul, that I may be free from all needless anxiety and worry. Help me to desire always that which is pleasing and acceptable to you, so that your will may be my will.

Grant that I may be free from unholy desires, and that , for your love, I may remain obscure and unknown in this world, to be known only to you.

Do not permit me to attribute to myself the good that you perform in me and through me, but rather, referring all honor to you, may I admit only to my infirmities, so that renouncing sincerely all vainglory which comes from the world, I may aspire to that true and lasting glory that comes from you. Amen

St. Frances Cabrini

http://beaconforlife.blogs.com/pastoral_coach/2005/11/a_prayer_for_hu.html

The Magnificat (Luke 1:46-55)

⁴⁶ And Mary said:

“My soul glorifies the Lord

⁴⁷ and my spirit rejoices in God my Savior,

⁴⁸ for he has been mindful

of the humble state of his servant.

From now on all generations will call me blessed,

⁴⁹ for the Mighty One has done great things for me—

holy is his name.

⁵⁰ His mercy extends to those who fear him,

from generation to generation.

⁵¹ He has performed mighty deeds with his arm;

he has scattered those who are proud in their inmost thoughts.

⁵² He has brought down rulers from their thrones

but has lifted up the humble.

⁵³ He has filled the hungry with good things

but has sent the rich away empty.

⁵⁴ He has helped his servant Israel,

remembering to be merciful

⁵⁵ to Abraham and his descendants forever,

just as he promised our ancestors.”

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Thinks like...

Think about

Choose some statements from the list below to discuss/debate/Socratic dialogue...

- Humility is helplessness
- Humility is freedom
- Humility is fragile
- Humility is elusive
- Humility is not...
- Humility has a difficult time co-existing with self-awareness
- Humility equates with low self esteem
- Man, dog and cat (Genesis 2)
http://www.frtommylane.com/stories/humility/man_dog_cat.htm
- A humble person recognizes a need for personal growth, sees value in others despite their weaknesses, and is willing to sacrifice personal freedom for the greater good.

Proverbs:

Proverbs are another source of rich thinking material. How does each one of these connect with humility?

- He who boasts of a favour bestowed would like it back again. *Greek proverb*
- An orange never bears a lime. *Sierra Leone proverb*
- Learn what you are and be such. *Greek proverb*

Build a common understanding

This activity would work well as a lead-in to the philosophical thinking questions. Use the Frayer concept model: definition, characteristics, examples, non-examples to grapple with "humility". Students work in small groups.

Definition:	Characteristics:
Examples:	Non-examples

Philosophical thinking

Choose a selection of questions to explore:

- with your students: create a response wall for spontaneous thinking, or conduct a discussion using a strategy like Socratic dialogue, or set groups of students different questions and ask them to report back to the whole group
- as a staff: once a day, using a place where spontaneous responses can be recorded, or as a quick stimulating thought provoker

What is humility?

What does it mean to be humble? What makes a person humble?

Is humility the same as gentleness? respect? kindness? honesty?

What is pride? arrogance? superiority?

What makes a person proud? or arrogant?

Is it ever OK to be proud? or arrogant?

Could someone practice false humility? What is true humility?

Can a truly humble person be a leader? (The research suggests that humility is multi dimensional and includes self-understanding and awareness, openness, and perspective taking)

Does self-evaluation have a role to play in practising humility?

Can you be better than someone else at something, and still be humble?

Could anyone ever live with complete humility?

Does the environment in which we live impact on attempts to be humble?

Can humility be taught or should it be learned on one's own?

Can you be humble without being submissive?

If you know you are humble, are you still humble?

How might the saying, "no man is an island", relate to humility?

Can someone become more humble than they already are?

Is it easier for some people to act with humility than for others?

Does everyone start life at the same 'level' of humility?

How does one teach humility while simultaneously teaching the pragmatism that requires one to stand up for oneself in a world where it is unlikely anyone will stand up on your behalf?

On humility in teaching: a discussion paper for teachers

http://www.williamhare.org/assets/hare_humilityasvirtue.pdf

Reflection

Select from the following prompts to invite students to reflect on their understandings and feelings in relation to their exploration of humility.

I learnt...

I know...

I feel...

I think...

OR

How have your thoughts or feelings changed?

What new ideas has this generated for you?

What are you still wondering about?

OR

Pair up and create a Venn Diagram of your responses.