

Humility & Healing 💙 October 7, 2026

💖 Humility and obedience are deeply interconnected virtues, with ...
humility serving as the foundation for genuine obedience to God.

Humility is essential because it allows us to submit to God's will, recognize His authority, and acknowledge our dependence on Him. Humility and faith are intertwined, as humility allows us to trust in God's wisdom rather than our own understanding. By humbling ourselves, we open our hearts to God's guidance and place our faith in His plans for us. It involves walking in Obedience to His commands.

Micah 6:8 *"He has shown you, O man, what is good. And what does the Lord require of you? To act justly, to love mercy, and to walk humbly (anavah) with your God."*

The *anavah* pictograph is a visual metaphor — an eye that sees, a seed that grows, and hands raised to heaven — encapsulating the biblical truth that ...
true humility is seeing clearly, growing steadily, and looking up to God

In Hebrew, the word *Anavah* means humility, meekness, or gentleness. However, unlike how the world often views humility — as weakness or lack of confidence — *anavah* in the Bible is a picture of strength surrendered to God. It's knowing exactly who you are in Him, without needing to exalt yourself. It's walking with quiet confidence, not in your own ability, but in the greatness and faithfulness of the Lord.

💖 **Naaman** ~ II Kings 5: 9-14 Then Naaman went with his horses and chariot, and he stood at the door of Elisha's house. **10** And Elisha sent a messenger to him, saying, "Go and wash in the Jordan seven times, and your flesh shall be restored to you, and *you shall* be clean." **11** But Naaman became furious, and went away and said, "Indeed, I said to myself, 'He will surely come out *to me*, and stand and call on the name of the Lord his God, and wave his hand over the place, and heal the leprosy.' **12** *Are not the Abanah and the Pharpar, the rivers of Damascus, better than all the waters of Israel? Could I not wash in them and be clean?*" So he turned and went away in a rage. **13** And his servants came near and spoke to him, and said, "My father, *if* the prophet had told you *to do something great*, would you not have done *it*? How much more then, when he says to you, 'Wash, and be clean?'" **14** So he went down and dipped seven times in the Jordan, according to the saying of the man of God; and his flesh was restored like the flesh of a little child, and he was clean.

Naaman had to be willing to wash or dip in the water (7 times). He had to go under.

Vs. 15-19 **15** And he returned to the man of God, he and all his aides, and came and stood before him; and he said, "Indeed, now I know that *there is* no God in all the earth, except in Israel; now therefore, please take a gift from your servant." **16** But he said, "As the Lord lives, before whom I stand, I will receive nothing." And he urged him to take *it*, but he refused. **17** So Naaman said, "Then, if not, please let your servant be given two mule-loads of earth; for your servant will no longer offer either burnt offering or sacrifice to other gods, but to the Lord. **18** Yet in this thing may the Lord pardon your servant: when my master goes into the temple of Rimmon to worship there, and he leans on my hand, and I bow down in the temple of Rimmon—when I bow down in the temple of Rimmon, may the Lord please pardon your servant in this thing." **19** Then he said to him, "Go in peace." So he departed from him a short distance.



Humility is going low (bowing or putting yourself under) someone else's authority

Humility prepares the heart to receive God's grace

I Peter 5:6 *"Humble yourselves, therefore, under God's mighty hand, that He may lift you up in due time."*

Jeremiah 13:18 Say to the king and to the queen mother, "Humble yourselves; Sit down, For your rule shall collapse, the crown of your glory."

Humility is strength surrendered to God

It's yielding the right of way to the Lord

James 4:6 *But He gives more grace. Therefore He says: "God resists the proud, But gives grace to the **humble**."*

It means adjusting and changing one's behavior to match God's ways.

Romans 12:16 Be of the same mind toward one another. Do not set your mind on high things, but associate with the humble. Do not be wise in your own opinion.

Humility is a deep sense of dependence upon the Lord

Humility and faith (or trust) are inseparable.

Faith, in turn, is strengthened by humility, as believers who recognize their dependence on God are more likely to trust Him fully and act in obedience.

Habakkuk 2:4 *"Behold the proud, His soul is not upright in him; But the just shall live by his faith. (or trusting faithfulness) CJB*

It's Aligning with and trusting in God's words and ways over your own.

Zephaniah 3:12 *I will leave in your midst a meek and humble people, And they shall trust in the name of the Lord.*