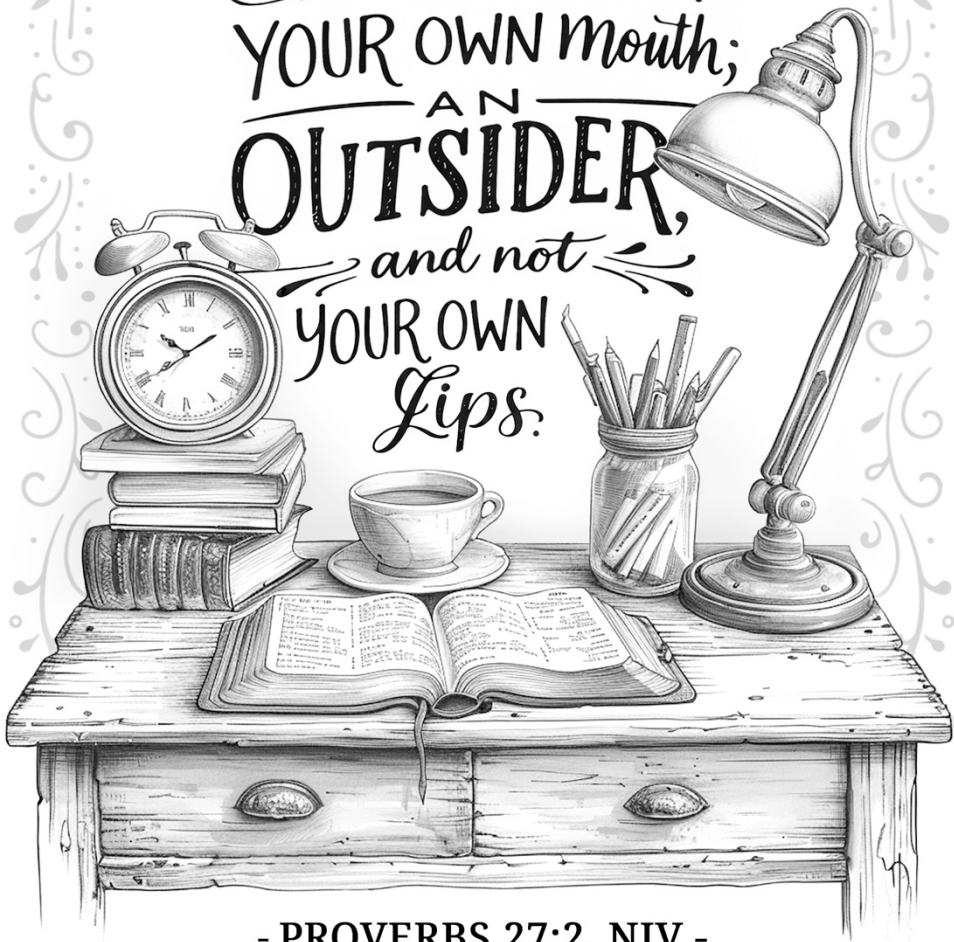


LET
someone else
PRAISE YOU,
and not
YOUR OWN MOUTH;
AN
OUTSIDER,
and not
YOUR OWN
Lips.



- PROVERBS 27:2, NIV -



CHAPTER 2

She is Humble

SCRIPTURE FOCUS: 1 SAMUEL 1 & 2:1-11

I asked my husband if he was up for a road trip next summer, and without skipping a beat, he suggested Banff. It's our usual spot, and somehow, we never get tired of going back.

I fell in love with Banff when I was ten years old. It was my first time seeing mountains, and I remember staring at them in awe. The sheer scale and majesty of the rugged peaks, stretching endlessly into the distance, is a testament to the grandeur of God's creation, which I won't soon forget.

Over time, I've noticed something else: it's the valleys that define the mountains and accentuate their greatness. After all, without valleys, the land would simply be flat. And when you ask yourself, what's defining the valley? You discover it's the gentle river flowing through.

Rather than seeking to carve a grand path through towering mountains, they find the lowest places, nourishing the land and sustaining life along their course.

Though gentle and seemingly lowly, however, rivers possess great power over time. Their steady flow can carve deep valleys, change landscapes, and create lasting transformations.

The river's strength lies in its quiet persistence and the life it sustains, much like the quiet strength of a humble heart that uplifts others. This gentle, unassuming flow is a powerful reminder of the beauty and impact of humility when we let God work in and through us.

Scripture tells us,

Humility is the fear of the LORD; its wages
are riches and honor and life.

— Proverbs 22:4

SHE LETS GO AND LETS GOD

The proverb reminds us that humility and the fear of the Lord go hand in hand. As Matthew Henry once wrote, "Where the fear of God is, there will be humility." Why? Because it's a natural response to our faith. Humility grows when we take our proper place under the authority of God.

We all know what pride feels like:

- That urge to win an argument.
- That need to get the last word in.
- That rush of irritation when someone corrects you.
- That instinct to defend yourself before you've even listened.
- That quiet craving to be noticed, praised, or credited.
- That jealous sting when someone else is celebrated.
- That stubborn refusal to apologize first.
- That pressure to protect your image instead of your heart.

And the key to letting go of pride? It's to remember Who is on the throne.

Pride is starving for control—control of the moment, the conversation, the outcome, and the way that we're seen. Humility releases that grip by coming back to a simple, steady choice to trust God.

When we believe that He sees, He knows, and He judges rightly that choice becomes an easy one.

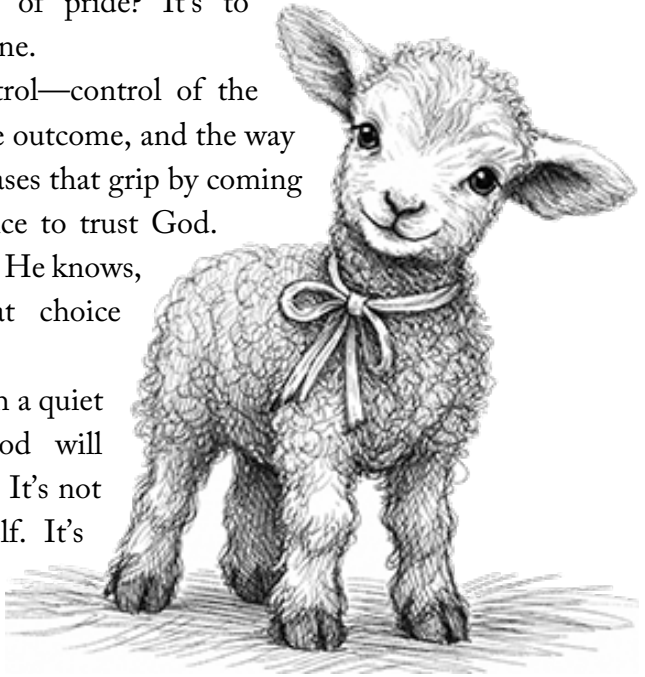
A P31 Woman stands with a quiet steadiness, trusting that God will handle what she can't control. It's not about thinking less of herself. It's letting go of her need to defend herself and manage the moment. She pauses

long enough to choose a response that honors God—even if it costs her the last word, the credit, or the win.

She believes the Scriptures that tell her:

The Lord will fight for you;
you need only to be still

—Exodus 14:14



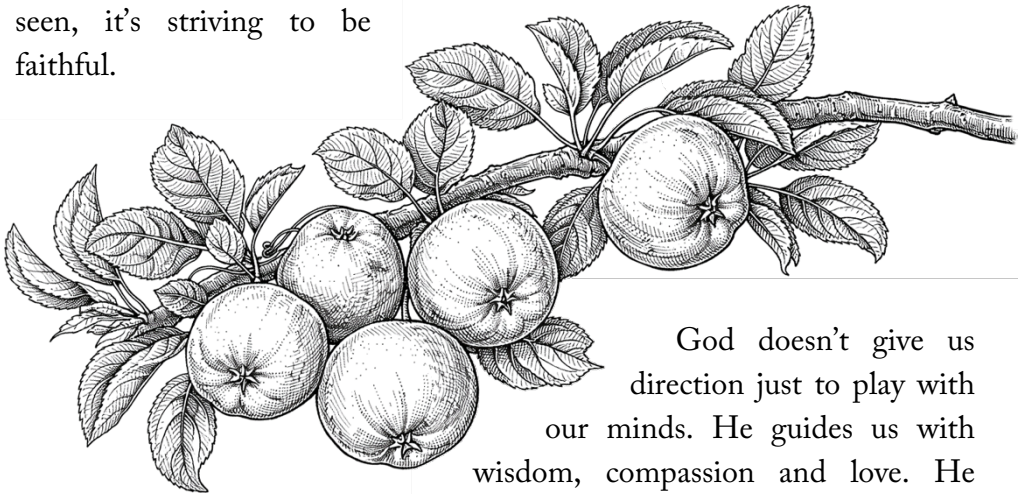
SHE PRODUCES A BOUNTIFUL HARVEST

In Matthew 5, particularly in the Beatitudes, Jesus speaks of spiritual blessings that come from recognizing our own spiritual poverty. This recognition makes us 'poor in spirit,' acknowledging our need for God's grace. It is in this state of humility and dependence that we become

receptive to the riches of God’s kingdom. Just as fertile ground receives the seed and produces a bountiful harvest, a P31 Woman is prepared to receive the fullness of God’s grace.

When Proverbs 22:4 says, “its wages are riches and honor and life.” it’s telling you that humility and reverence for God have an outcome—you can think of “wages” as the fruit that tends to grow from that kind of life. Pride stands stiff and loud, but humility bends low—and for good reason: “The bending of the humble is the graceful droop of the branches laden with fruit” (Persian Proverb).

And what kind of fruit does it bear? Teachability, gentleness, peace, repentance, and a quiet willingness to serve—because it isn’t trying to be seen, it’s striving to be faithful.



God doesn’t give us direction just to play with our minds. He guides us with wisdom, compassion and love. He knows that pride leads to destruction, while humility paves a road toward peace. It binds, it unites, and it draws others close. It trades the “me” way of thinking for “we.”

SHE ISN’T FOCUSED ON HERSELF

Now, Paul brings this right down to where you and I live. He says, “If anyone thinks they are something when they are not, they deceive themselves. Each one should test their own actions” (Galatians 6:3–4).

In other words, humility keeps us honest. It refuses to play the comparison game—because, as we all know, that never ends well. If we

think we're doing better than someone else, pride slips in. If we feel like we're behind, discouragement sets in. I've been at both ends of that spectrum more times than I can count, and neither one is a healthy place to be. A better place is right in the middle—not thinking more or less of ourselves, but thinking less about us and more about God.

It's not about pretending we don't have any strengths. You don't have to act like you can't play the piano when you're clearly a gifted musician. It simply means we don't use those gifts to build our own name. Scripture reminds us that everything we have is a trust from God—meant to serve others and glorify Him. That's why Proverbs 27:2 is such a wise guardrail for a P31 Woman:

Let someone else praise you, and not your own mouth; an outsider, and not your own lips.

— Proverbs 27:2

Deuteronomy 8:16

God provided manna in a way that kept Israel dependent on Him day by day. How might daily dependence on God's provision grow humility in His people?

Philippians 2:5-8

Jesus humbled Himself, taking the very nature of a servant and becoming obedient to death on a cross. How does His example shape the way we think about humility in our own attitudes and choices?

1 Peter 5:5-6

We're told to clothe ourselves with humility toward one another and to humble ourselves under God's mighty hand. What might it look like to "put on" humility in your relationships this week?

SHE RELEASES CONTROL TO THE LORD

Looking to the Bible, we see a picture of humility in the story of Hannah. Her life held a deep ache. She wanted a child and couldn't have one. And on top of that, she lived with ongoing provocation from Peninnah.

We've all had people like Peninnah in our lives, haven't we? People who have a way of finding our weak spots and digging right in. We're left feeling discouraged, feeling small, feeling like we just want to crawl back into bed and pull the covers up over our heads.

It's right there—where the ache is deep and the criticism is loud—that we witness humility in action. And if we look closely at Hannah's response, we can see a few gentle but powerful choices she makes—each one a glimpse of what humility should look like:

- 1) **She takes her burden to the Lord.**

(1 Samuel 1:10–11)

Hannah doesn't pretend she's okay. She goes to the house of the Lord and lays her anguish at His feet.

Humility begins with coming to God as you are, without polish, without pretending.

- 2) **She stays respectful even when she's misunderstood.**

(1 Samuel 1:15–16)

Eli assumes the worst and accuses her of being drunk. Hannah could have snapped back. She could have shamed him for judging her. Instead, she answers plainly and calmly, explaining that she's pouring out her soul to the Lord.

Humility doesn't mean you accept false accusations as true—but at the same time, you don't let pride take the wheel.

- 3) **She releases control and leaves the outcome to God.**

(1 Samuel 1:18)

After Hannah prays and speaks with Eli, something shifts. She leaves, eats, and her face is no longer downcast. Notice that the situation hasn't changed yet, but her trust has.

One of the marks of humility is that it stops demanding control and chooses to rest in God's care.

- 4) She follows through with obedience when the answer comes.
(1 Samuel 1:27–28)

When God gives her a son, Hannah keeps her word and dedicates Samuel to the Lord. This is where humility gets very real. It's one thing to pray for a gift. It's another thing to hold that gift with open hands.

SHE IS SURRENDERED TO HIS WILL

Hannah gives us more than a touching story—she gives us a pattern to follow. She shows us that humility doesn't mean stuffing our pain or pretending we're fine. She brings her sorrow, confusion, and longing straight to God. She stays respectful when she's misunderstood. She loosens her grip on the outcome, and when God answers, she keeps her promise even though it costs her dearly. That's why she's such a powerful example for us. Humility, in her life, isn't passive. It's active trust. We may not walk the same road Hannah, but we're called to carry the same kind of heart—honest before God, surrendered to His will, and faithful with whatever He gives.

So how do we grow into this kind of humility? It doesn't happen by accident. Humility grows as we keep coming back to who God is and who we are in light of Him.

James writes,

But he gives us more grace. That is why
Scripture says: 'God opposes the proud but
shows favor to the humble'

—James 4:6

A few verses later we read,

Humble yourselves before the Lord,
and he will lift you up

—James 4:10



That's where it starts. We ask God to show us where pride has crept in, we confess it honestly, and we keep choosing the lower place—trusting that His favor is better than any spotlight we could give ourselves.

Humility shows up in small, ordinary moments. It's the pause before we answer, when we choose to listen instead of rushing to defend ourselves. It's the quiet willingness to say, "I'm sorry," even when we think we have reasons to explain ourselves. It's serving without needing to be seen, and learning to celebrate someone else's win without measuring it against our own.

And it's not just about stepping down; sometimes it's about stepping back—back from the urge to correct every misunderstanding, back from the need to manage how we're perceived, and back from the pressure to keep

control. When we step back like that, it changes the way we handle correction. Instead of feeling threatened, we let it teach us, trusting that our worth is secure in Christ. And when things feel unfair, we stop replaying the conversation in our head. We don't have to set the record straight in every room. We can hand every bit of it over to God, knowing that He sees, He knows, and He will deal with what we can't. Over time, these choices reshape us, because they train our hearts to value God's approval more than our own comfort.

In the end, humility grows where our view of God is big and our grip on ourselves is light. As we remember His greatness, rely on His grace, and respond to His Word, He gently shapes our hearts. We bow low before Him, and He does the lifting in His way and in His time.

SHE CHOOSES THE LOWER PLACE ON PURPOSE

A P31 Woman is settled one thing: God is God, and she isn't. That sounds simple, but it changes everything. When we feel that old pull to prove ourselves, defend ourselves, or control the room, we can bring it under the Lord's authority. And that, my friend, isn't weakness. It's strength that refuses to run on pride.

When we live with a quiet awareness that God sees the full story—what was said, what was meant, what was unfair, and what still needs time—we can loosen our grip on control and rest in His justice. We can speak gently without becoming a doormat. We can do the right thing without needing to be noticed.

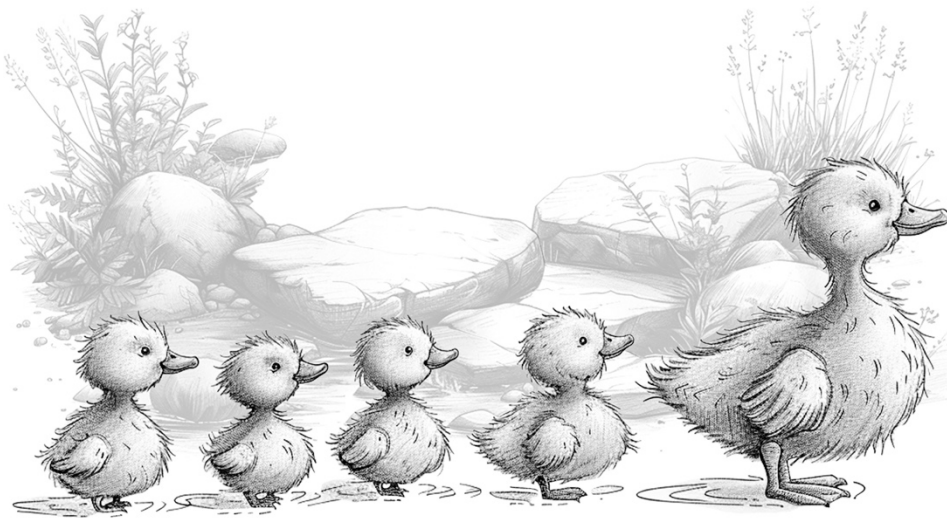
Humble yourselves, therefore, under God's
mighty hand, that he may lift you up in due time.

—1 Peter 5:6

Let's pause for a minute and ask ourselves:

- Do I defend myself fast—or pray first?
- Do I need the last word—or can I let it go?
- Do I have to be understood—or trust God with the misunderstanding?
- When I'm overlooked, do I sulk—or serve joyfully?
- When I'm criticized, do I react—or respond calmly?
- When I'm not given credit, do I bristle—or bless?
- When I'm slighted, do I retaliate—or release it to God?
- Do I crave approval—or contentment in Christ?
- Do I compare myself to others—or thank God for my place?
- Is my need for recognition greater than my desire to be faithful?
- Do I control the moment—or submit it to the Lord?

As you read through the list, did any of the questions expose a place where pride is creeping in?



SHE TAKES ON THE MINDSET OF CHRIST

Before we wrap up this chapter, I want to pause on something important: humility and humiliation are not the same thing. The enemy loves to blur that line and convince us they're one and the same, but they're not.

Humility is a posture we choose. It's a willing step down—a quiet 'yes' to God's way instead of our own. It grows things like teachability, peace, gentleness, and steady trust.

Humiliation, on the other hand, is something that happens to us. It's being brought low by circumstances or by people. There's usually a sting to it—a sense of shame, embarrassment, or being made to feel small. One is a step we take; the other is something we often endure.

Think about Hannah. Her barrenness brought her low. That alone was humbling. On top of that, she was provoked and taunted by Peninnah in a way that could have felt deeply humiliating. Maybe you've felt something similar. You've been misunderstood. Overlooked. Talked about. Treated in a way that made you want to shrink back.

We don't always get to choose what comes our way. But by God's grace, we do get to choose how we respond.

When we choose humility in those moments, we are choosing the mindset of Christ. He was fully equal with God, and yet He was willing to take on human flesh. And even more than that—He took on the nature of a servant. He wasn't pushed out of Heaven. He wasn't forced to the cross. He chose it.

Why? Because the will of the Father mattered more to Him than comfort, reputation, or rights.

As believers, that's the pattern we're called to follow. To lay down a self-centered life and pick up a Christ-centered one.

In your relationships with one another, have the same mindset as Christ:

Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!

—Philippians 2:6-8

So the next time anger rises up in you, pause long enough to ask yourself:

Is my right to be angry more important than my desire to follow God's will?

Is my reputation more important than bringing glory to God? Is proving my point more important than showing the character of Christ right now?

Those moments are where humility is either chosen... or quietly laid aside.

The P31 Challenge

In Philippians 2:5-8, Jesus laid aside His rights—what ‘rights’ do you tend to hold tightly when you feel hurt, corrected, or overlooked? How might releasing those ‘rights’ change the way you respond and strengthen your relationships?



Practice quiet humility in one small moment each day.

Pause before defending yourself, correcting someone, or trying to manage the outcome. Instead, choose to trust God with that moment—your words, your response, or your silence—and let Him do the lifting.