

June Bulletin Insert - 2021

## Seek Humility to Serve Others



For this month's insert I turned to Shirley Heater's devotional on humility. One of Shirley's last requests before her death was that her study on humility would continue to be shared with the women of the church. She was richly blessed as she wrote her devotional on this subject and so I would share with you a short synopsis of her writings concerning humility.

**It started with the question posed by our Patriarchs:**

**"Am I Truly Willing to enter Into the Depths of Humility"**

**Shirley states: It is in humility we recognize how much God loves us and what He has done for us:**

1. He has created us has given us the breath of live. (Mosiah 1:53)
2. Through His sacrifice on the cross, the way of salvation is provided to bring us into His presence. (I John 4:9-10, John 3:16)

As we bow down before Him, we are actually exalting Him (not just literally as in kneeling, but also spiritually). We are giving Him honor as our Creator and Lord and Savior. This act of humility is the key that

unlocks the door to a transforming experience of His great spiritual blessings.



***Yea, blessed are they who shall believe in your words, and come down into the depths of humility, and be baptized; for they shall be visited with fire and with the Holy Ghost, and shall receive a remission of their sins (3 Nephi 5:49).***

Then Shirley gave us an outline of the different types of Humility and said: A good way to study humility is to study all the verses with any form of the word. Here are a few:

**Humble People: Alma 16:137-138 *Believe in the Word of God.* Alma 16:136 *Humble themselves because of the Word and are more blessed.* Alma 16:132 *Learn Wisdom.* Ether 3:14 *Have Joy.* Helaman 2:31 *Souls are filled with Joy.* 3 Nephi 2:80-81 *Hearts swollen with Joy.* Helaman 2:31 *Are lifted up at the last day, yield their hearts to God.* I Nephi 5:5 *Walk in paths of righteousness.***



**Different Degrees of Humility: Mosiah 2:21 9:154, Alma 29:51, Helaman 2:123, 2 Nephi 6:84, 3 Nephi 5:49 *Depths of Humility.***

Alma 3:48, Ether 4:41 *Sufficiently Humble*. Alma 29:59 *Humble themselves exceedingly*. Helaman 2:31 *Wax stronger and stronger in their humility*. Alma 16:237, 19:114 *Even to the dust*.

**What Humility is Not:** Mosiah 1:118 = General attributes: *Stubbornness, stoney heart, prayers are in vain, hypocrites, look down on others, in bondage, puffed up, perish, do not visit the sick nor impart substance, are under damnation*. Alma 3:50 *Are not prepared to meet God*. Alma 4:3-4 *Are lifted up in the pride of their hearts, do not repent of their wickedness, are rejected, have their names blotted out*. Mormon 2:54 *Are subject to divine justice*. 2 Nephi 8:25 *Are not forgiven*. Of course, we shrink back from considering that these apply to us! On the other hand, recognizing our lack of humility and admitting that we have fallen short can lead us to the proper conditions before God to root any of these attributes from our hearts.

**Those Who Are Compelled to Be Humble:** Alma 16:27 *Suffer afflictions and trials*. Alma 16:134 *Sometimes seek repentance*. Alma 16:134, 136 *Are Blessed*.

**Those Who Voluntarily Humble Themselves:** Alma 16:138 *Are Blessed*. Alma 16:136 *Are More Blessed*. Alma 16:137 *Are Much More Blessed*.

We are the children of Christ through our covenant with Him which brings us to the position of sitting (humbling ourselves) at His feet to learn of Him—to be like Him. Being humble, means we are teachable, and what better place of learning is there than at the feet of Jesus. Jesus Christ is our example 2 Nephi 13:9. Ether 5:40 *If we are His, we must be like Him*. Hebrews 12:2 *Jesus humbled Himself*.

**Shirley concluded we have learned:**

1. What is humility, and am I willing to enter into the depths of humility.
2. What humility is not (lack of humility).
3. Christ is our example.

**Let us make that ultimate decision to surrender all!!**

## Digging Deeper



Ray Zinser in his book, *The Words of Christ*, (p. 274-275) says concerning humility: We find numerous references to “humility” in the scriptures and this quality is a requirement for celestial living.

Humility has a dynamic meaning as used in scriptures with different interpretation than is normally given in common usage. Humility is a submission to God and His plan of salvation through the word of Christ. *And humble yourselves even in the depths of humility, calling on the name of the Lord daily, and standing steadfastly in the faith of that which is to come (Mosiah 2:21)*.

Natural man sees himself as the center of the universe while spiritual man sees God as the center...Spiritual man worships and adores God which is a celestial orientation. True humility is vibrant in this celestial commitment. Humility was demonstrated most dramatically in the life and ministry of Christ and provides an eternal sense of perspective. It is expressed in our yielding our hearts to God and making those commitments and decisions and carrying out those actions which allow us to be (Begotten Sons and Daughters of God).

The meekness of humility is a submission to God, but it is a dynamic assertiveness in love and empathy...Humility allows us to offer ourselves in sacrificial service to God through a broken heart and a contrite spirit. *Thou shalt offer a sacrifice unto the Lord thy God in righteousness; even that of a broken heart and a contrite spirit (Doctrine & Covenants 59:2e)*.

Our humility allows us to pray continually for support from God and the invisible world rather than thinking we can do it all through the (life of the mind) or by ourselves. *But that ye would humble yourselves before the Lord, and call on his holy name, and watch and pray continually*

*that ye may not be tempted above that which ye can bear, and thus be led by the Holy Spirit, becoming humble, meek, submissive, patient, full of love and all long suffering; having faith on the Lord (Alma 10:28).*

Our humility allows us to be gentle, loving and caring but highly assertive in our faith and having complete commitment to God and His eternal purposes. If we exercise humility, we are promised a great endowment. *For, behold, I have prepared a great endowment and blessing to be poured out upon them, inasmuch as they are faithful, and continue in humility before me (Doctrine & Covenants 102:3e).*

## Action Section

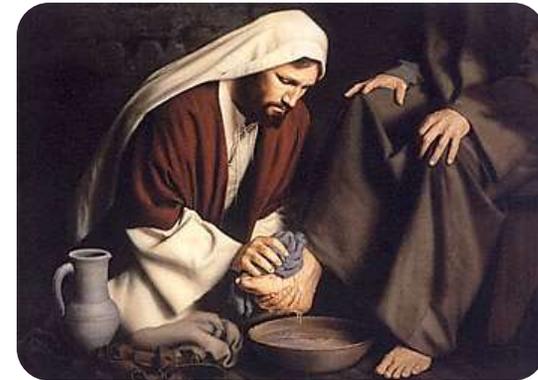


**Shirley gives us 5 actions to assist us in becoming humble and giving our hearts to God:**

1. Pray for a better understanding of what the “Depths of Humility” truly is as we humble ourselves before God.
2. Rejoice in God’s many blessings and ask Him to reveal to you specific ways to humble yourself. Write them down and do them.
3. We must identify the lack of humility in our lives, as well as afflictions and weaknesses! List these areas of lack of humility as well as afflictions and weaknesses and then respond to them in humility. Expect great Joy as you embark on this Transforming Journey.

4. Rejoice in ways that Jesus Christ is your example. Choose favorite scriptures to express His goodness—that we may become more like Him. Record them as a blessed reminder.
5. Examine the steps you have taken thus far and make that ultimate response to continue daily in the depths of humility to (Surrender All) Write out your commitment in your own words—from your heart!

I want to add in closing that in her very last days on this earth Shirley was deeply concerned for the women of our congregation and the church. It is hard for me to even express the passion and concern she had for her sisters in the faith and their developing “Humble Hearts”. While in intensive care she asked me personally to share her words with you. This was one of her last acts upon this earth. She was very passionate about this because she knew that for us to come up to the Zion level we had to first humble ourselves. She wanted you to know that we must be humble and lowly of heart to qualify for the work that is entrusted to us as a people. She longed for us to humble ourselves before God. I hope that some of her concern and passion will come and rest in your hearts and you will truly humble yourselves before the Lord. (The pictures are from her computer notes. Her full devotional is on the Oak Grove Website. )



**Jesus A True Example of Humility**

*Ye call me Master and Lord; and ye say well; for so I am. If I then, your Lord and Master, have washed your feet; ye also ought to wash one another's feet. For I have given you an example, that ye should do as I have done to you (John 13:13-15).*