



Down to Earth

James 4:10

week 2 devotion

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

"Four times a year I (Rachel) travel to the Transfiguration Spirituality Center. A home to an Episcopalian women's religious order (nuns). For an extrovert, I found the structure annoying at first. But even in silence, I learned happiness. The women wore no makeup or nail-polish. Everyone wears the same clothes (habit). I walk in wearing heels, makeup, ripped jeans. I am instantly aware of my need to express my individuality and identity. The rest of the women give up ways to distinguish their identity to grow closer to God and one another. What a sacrifice. I ask myself, "how?" "why?"

As I watch them I realize that when I'm near them, I feel joy and the presence of the holy. Their humility gives the Holy Spirit space to shine in and through them. I don't believe Jesus is asking me to give up my favorite shoes or clothes, but I do believe he asks me to hand over my identity for a new identity, an identity in which I and anyone else willing to follow Jesus are shaped and formed into their best selves, their best Spirit-filled selves.

Humility is an invite into a new way of living. What keeps you from handing your identity over to Jesus?"



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- Your Challenge -

What keeps you from handing
your identity over to Jesus?

- Prayer -

"Create in me a humble heart, O Lord."

Daily Actions

Sunday

What picture of humility do I see in me?

Monday

What material things make up who I am?

Tuesday

What do I need to remove to make space for Jesus?

Wednesday

In what ways do I see Jesus being humble?

Thursday

Pride kills humility. Where am I prideful?

Friday

Humility means loving. Who do I decide not to love?

Saturday

Would Christ see me as a humble servant today?

Sources

Rev. Ethan L. Carnes auth. (challenges, prayer, daily actions).

Mike Slaughter and Rachel Billups. *Down to Earth*. Abingdon Press: Nashville, TN. 2016. (Reflection)