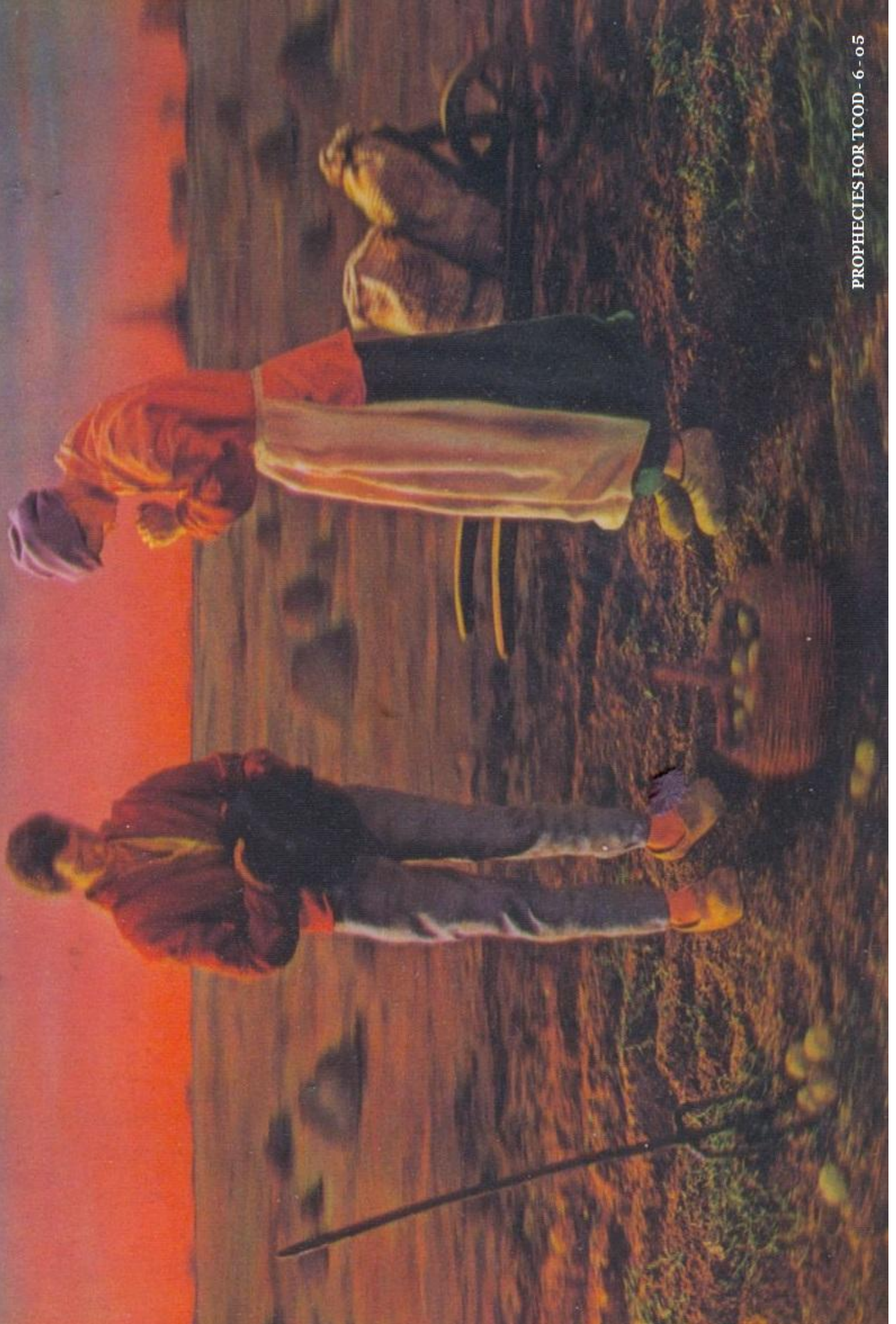


PROPHECY VITAMINS ON HUMILITY



Prophecy Vitamins on Humility

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(All prophecies are Jesus speaking unless otherwise indicated)

1. Humility is a great prize to seek after.
2. There is great reward and great treasure in humility and lowliness of mind, each esteeming others more than themselves.
3. Humility is a very precious gift, though humans don't always see it that way at first.
4. When it comes to spiritual gifts, I can't emphasize enough how important it is to be humble.
5. (Dad speaking:) Humility truly is the soil in which all Christian graces grow.
6. (Dad speaking:) There's almost nothing the Lord blesses like humility.
7. (Jesus speaking:) Humility is wisdom.
8. I love the humble, I love the weak, I love the meek.
9. I see the humility of spirit, the weakness of spirit, the dependence on Me--and this is pleasing to Me.
10. There is nothing more beautiful to Me than a surrendered, humble soul.
11. It's the position of your heart and your humility that greatly pleases Me.
12. Lo, I am humble and meek, and My Spirit abides among the lowly.
13. My Spirit is simple. My Spirit is humble. My Spirit yields. My Spirit gives.
14. In almost every situation the truth is simple. That's the way I am. My Spirit is one of simplicity and humility, not airs or complexities.

15. I am not a spirit of pride, neither is it by pride that I win or am great. Rather, it's humility that makes Me great, together with love and other things.

16. (Dad speaking:) Be like Jesus. As complicated as the universe is, Jesus is still the perfect example of simplicity. It's the humble way, the godly way, the heavenly way. So if He can afford to go about His business in a spirit of humility and simplicity, then so should you.

17. (Jesus speaking:) The truth is that My ways are simple. My ways are humble. My ways are loving. My ways are ways of total faith.

18. My Spirit seeks the humble and the lowly, and it dwells there with them. It is the humble and the contrite that I will lead and that I will walk with unto the end. I don't look for the strong, I don't look for the mighty, but I look for the humble and the meek, and I strengthen them, and I rely upon them. For with My Spirit and My strength you can accomplish much, far more than you could ever dream of.

19. I only use those who are humble of heart, who are broken, contrite, and who are in great need of Me.

20. How I love the meek and the lowly, for as I have said, I am meek and lowly of heart. So come unto Me and find rest to your soul, for I know that you long for the sweet rest and communion that comes from fellowshiping with Me, and abiding in Me and with Me. So shall it be as you walk closer to Me that I will guide you in the path of humility.

21. It is in love and humility that My power lies.

22. The way to grow spiritually is found in humility.

23. In all you do, remember these key words: love, simplicity and humility. If you embrace these three things, you can't go wrong.

24. Humility causes the power of My Spirit to flow through you. Real power, the power of Heaven, can only be harnessed through humble surrender. It cannot be worked up. Humility is a gift--accepted, harnessed, practiced, and held onto with great determination.

25. (Spirit helper speaking:) Walk in humility, giving all the glory to Jesus, knowing that of your own selves you can do nothing. Lean on Him and find your strength.

26. (Jesus speaking:) I delight in using your weakness to demonstrate My strength and power, and I love your dependence upon Me and your humility before Me. This empowers Me to do great things in your life.

27. In humility is the true strength that empowers one against fear.

28. In humility is strength, and in your weakness I can show My strength to My sheep.

29. I can only fully use those who are humble and yielded to My Spirit. I can only fully use those who realize that they have no strength of their own, and that if they try to do things in the arm of the flesh they will fail. I can only fully use those who lean and depend completely on Me.

30. You know that you have no strength in yourself. You know that you're nothing and can do nothing, and this is the greatest power. Because when you lay down your strength, you can pick up Mine, and that's where the power lies--in My strength. It's because of this that you will perform great miracles. It's because of your humility that you'll be able to make full use of My power. Gird yourselves with the weapon of humility, for in this lies the strength you'll need in this new day.

31. I wish for you to be examples of people who are weak in yourselves, conscious of your own lacks and shortcomings, not lifted up in pride and self-righteousness, but humble servants of Mine who would give anything to follow Me closely and to do as I ask.

32. Seek Me in weakness and in humility, knowing that you are nothing, that I may pour forth unto you My strength, My plan and My will; that you in your weakness can operate in My strength and thus accomplish that which is much greater than you could do in your own strength or in your own flesh. For your power is very, very small, but My power is very, very great!

33. I delight in using your weakness to demonstrate My strength and power, and I love your dependence upon Me and your humility before Me.

34. The only way that I can trust you, a frail human being, to use My supernatural power as it should be used is if you use the weapon of humility, which means giving Me the credit, acknowledging Me, looking to Me, and calling on Me for help. If you want to use My power, you have to give Me the glory. When you admit that you are nothing in yourself and call upon Me, you can be everything through Me.
35. You who have chosen to be My weak and humble vessels, and have allowed Me to work in your lives and prepare you, will be amazed when you feel My anointing rush in and fill you like never before.
36. True love and true humility are synonymous; you can't have one without the other.
37. Judge all your actions by the touchstone of love and of humility.
38. Go in humble love, for this is what I desire.
39. You should develop a habit of praying for love and humility every day.
40. There is great peace in humility, a peace which passes all understanding.
41. The humble, desperate and yielded heart I will not despise.
42. Before honor is humility, and without humility there can be no honor. For I cannot trust the man that is full of himself and is seeking the praise of man. I can only trust those who seek to give all glory unto Me.
43. Often it is the most humble of My children, doing the most unseen jobs, who are the closest to My heart and the most blessed of Me.
44. Be My love to all by serving in humility.
45. The requirement for My glory to be made manifest in you is that you walk in humility, as servant of all, and in utter dependence on Me.
46. Not even the angels of Heaven are adorned as one of these, with the adornment of a meek and humble spirit!

47. He that is humble knows not that he is humble. And he that thinks that he is humble enough and has arrived is in need of humility.

48. Humility will make you decrease, so that I can increase within you.

49. The essence of humility is being so submitted to My Spirit that you have no will of your own, and you become a living, moving, breathing sample of Me and My heavenly ways. This is humility. And you will receive this humility by being faithful to spend time with Me in the bed of love, and in My Words, and using the new weapons.

50. (Dad speaking:) You must spend time alone with your Lover in order to let Him empower you. It'll be so wonderful and so good when you start seeking the Lord about the Word and applying it. It's really going to change your life. It'll work on your pride and selfishness and help you to have more of a spirit of humility and love and grace. The more time you spend with Jesus in the bed of love, the more humble you become, because you're partaking of His humility, His love, His Spirit, which is so lowly and beautiful. The more you study the Word, really apply it, absorb it, and let it become part of your very being, the more humble and yielded and willing you become, because the Word is spirit and truth. It takes humility to apply the Word, but as you do, everything will change.

51. (Jesus speaking:) It's My Word, and obedience to My Word, that keeps you young and flexible in spirit, because My Word never stagnates. My Word will always ask something new of you, something that requires you to stretch and be humble and yield. If you keep obeying Me in those areas that stretch you and humble you and sometimes even break you, then there is no room for self-righteousness, inflexibility, and an old-bottle spirit. So if you are less than flexible, backtrack and see what I might have asked of you that you haven't been willing to do. Start there, with obedience to My Word- wholehearted, all-the-way, as-if-your-life-depended-on-it obedience. That will stir up your spirit, get you desperate with Me, force you to do the humble thing, and through all of that stretching and yielding, you will be born again. You will regain the joy of your salvation. You will once again realize the thrills of the spirit that have been missing from your life.

52. If you read the Word and do your best to live it every day, even if you feel you're taking baby steps, this will be the fruit in your life: It will keep you humble, desperate with Me, reaching out to others for help. It will keep you flowing, flexible, a new bottle in spirit. It will strengthen your convictions. You will see miracles and grow in faith.

53. Are you brave enough to walk the path of humility and receive true strength by having your inner man seared with the white-hot heat of My Words? This is the source of true power and strength! Are you willing to be My love slave, and in turn experience exhilarating thrills, ecstasies and freedom you have never known before?
54. Reading the Word makes your heart fertile ground for humility, the gifts of My Spirit, and receiving from Me.
55. Humility is impressive in a world where pride is glorified and reigns unchecked.
56. Humility takes all and gives all--it takes all from Me and gives its all to others.
57. Humility is the essential ingredient in harnessing the power of Heaven to reach a soul.
58. Humility is essential to love, and love is essential to reaching the lost for Me.
59. Humility is a wise virtue to pursue, if you are to be a powerful witness.
60. Humility will destroy the strongest vestiges of pride in the hardest of hearts.
61. With humility, you become all things to all men, so that you may win some.
62. With humility, you stand out as a beacon of light and are not hampered by pride's false faces and cover-ups.
63. With humility, you cause the world to sit up and take notice of you. Humility makes you stand out from the world and makes you attractive. You become irresistible.
64. Humility is the beginning and the end of your witnessing and winning, because humility is Me in its purest form. I am the all in all, the beginning and the end, and without Me, you can do nothing.
65. Humility is an outstanding characteristic of a powerful witnesser. You can be a good witnesser without sufficient humility, but you will never be a powerful witness unless you are humble and meek.

66. It is I who have made you weak and humble and meek, that in your weakness and in your humility, I may be glorified.

67. Because you are human and you make mistakes, you recognize your need for Me more, and you come to Me in love and humility, and this makes Me love you more.

68. It's a part of human nature to make mistakes regularly, to "fall" to temptation now and then. This serves to keep you humble and realizing that you're imperfect and in need of Me.

69. Remember to lean on Me; I'm your "crutch" to support your weaknesses. If you lean on Me, I'll help you stay humble, in tune with Me, and asking Me everything. Without your "crutch" you'll stumble and fall, but with it, we can get this job done!

70. I allow you to have weaknesses to help teach you humility and love, and to help you learn to progress.

71. Be thankful for your weaknesses, because it's through them that you learn the greater lessons of love and humility.

72. I plead with you to accept your lack of perfection as a good thing, just because I said it is, and because it brings about the most important qualities of desperation, closeness to Me, humility, and dependence on Me. Try praising Me by faith for your lacks, problems, weaknesses and faults, knowing that I have a greater purpose.

73. I use your failings, your times of uncertainty, your times of trial, the times when you feel you're lacking in faith, the times when you don't fully yield to Me, to humble you and draw you closer to Me.

74. Humility is a beautiful thing. It is to be worn with pride. So do not fear what I am doing in your life. Be thankful and rejoice.

75. Don't worry if you feel weak and incapable at times. I rejoice in this, for it brings you closer to Me and keeps you humble and desperate. It is only when you are down that you can look up and see My face. That is when you truly know that without Me you are nothing.

76. The times when you go through a slump, when you're not quite as on top of things, those times keep you humble. You know you're nothing, that you need Me, and that you're far from perfect.

77. I'm happy if you have things to do better in; that's how I made you. I'm happy that you have weaknesses, because they draw you closer to Me, they keep you humble, and they inspire you to make progress and work toward overcoming your weak areas.

78. My way up is down, and for Me to use you as you desire you must come unto Me in all humility, so I may empower you. For as long as you are in the way, I cannot allow My Spirit to pour forth unto you in the way that you need, to do that which I would have you to do.

79. Do the best you can, and just be humble and realize that you'll fall short, and you just have to keep trying. That's okay! That's life! Amen?

80. Trust that these moments of affliction will pass. As they pass, they will leave precious droplets of My Spirit - of wisdom, compassion, brokenness, humility, grace, and strength in weakness. Each of these little droplets is priceless, and you have been blessed with so many. So rest now as these droplets descend upon you. Trust that I'm counting the moments and that they will soon be gone.

81. Sometimes I use affliction to humble you. Sometimes I use it to give you more compassion, understanding, or brokenness.

82. Fret not for this light affliction in your life, because each time that it comes it is in answer to your prayer that you will stay close to Me and dependent upon Me, desperate in spirit and walking in humility. It's but a gentle channeling of your spirit and life, My gentle way of helping you to rest in Me and stay close to Me.

83. Often I use small afflictions in the lives of My children to give them a spiritual tune-up. Stop for a moment and consider what it does to you when you face a little affliction like this. Right away, it slows you down. You're not able to keep going along, business as usual. It checks you in the spirit. You check your heart. You examine your life and see whether you're doing those things which you know please Me. You take stock of whether you've been getting your Word time. You're reminded to reevaluate your priorities. It humbles you, because it reminds you how weak you are, and it often humbles you because you

realize there's something I want to teach you through it. You become more open to My Spirit, and you ask Me if there's anything I want to show you.

84. This light affliction which is but for a moment worketh for you a far more exceeding and eternal weight of glory. I know that I must keep you humble. I know that I must keep you very close to Me, so I use these things in your life to accomplish that purpose. But it's only because of My great love for you. It's only because I greatly value your usefulness in My hands. So I care for you as I know I must, in order that you might bring forth sweetness to glorify Me. I knew that you would be tempted with pride, so I allowed this to keep you soft and humble, because I have great need of you. I can't use you when you're proud or stiff in My hand. So receive it as a compliment, that I need you so greatly that I'm willing to give you this suffering, that you might once again be soft and humble before Me. I need you, and I love you dearly. I kiss you with My kisses of love and healing--healing of body and healing of spirit.

85. When I work in your life through sickness or trials, it doesn't always mean that you've gotten greatly off track. Sometimes I allow these things to keep you from getting off track, or to simply purify and soften you and make you more dependent on Me. Sometimes the changes in your spirit are so slight that you and others around you might not even notice them--but I notice them, and I know that you will be much happier if you're purged and gently brought back to the place of humility and gentle and complete submission to Me.

86. If you hold on to what you want and how you would like things to be, instead of accepting and yielding to what I'm doing--that's the hard way. But if you flow with it, accept it, and praise your way through the times of sickness and call on the keys of grace and faith and patience and humility to let Me work in your life--this will be the much easier way. Even if you're still sick, at least your spirit will be at peace and you won't be torn between trying to accomplish what you want and Me trying to accomplish what I want.

87. Sometimes we see things so differently from how the Lord sees them. There, in your frail, earthbound human flesh, you look at the gift of healing as the most precious gift that God could give. When you're so battered by affliction and you feel so weary, you think that the highest blessing, the highest honor God could give, would be the gift of complete healing and deliverance from whatever you feel is holding you down. But the Lord sees it so differently. In this case, the Lord is giving you very great and precious gifts--the gift of weakness, the gift of affliction, the gift of complete dependence upon Him. Along with

these gifts come many other gifts--the gift of humility, the gift of special times with Him. If you were strong you would be working, your mind would be focused on other things, you would be busy doing His work; but right now, He just wants you.

88. Do not fear the humbling, for the humbling is part of the healing, and just as important. For with the testimony that has carried on through the ages of the woman who cast herself at My feet, touching the hem of My garment--the testimony of her humility rings as loud as the testimony of her desperation and her faith.

89. I use the battles to keep you humble and dependent upon Me.

90. Trials and tests are what I often use to bring you to the point of saying yes to Me. Purgings produce greater humility and yieldedness, and that in itself is the key to all victories--yielding to My will and believing that I know best.

91. (Dad speaking:) So think it not strange concerning the fiery trials, as though some strange thing came upon you, but understand that it's the Lord working in your life to quicken these lessons, to make you moldable and yielded and humble and useful, to hasten the process so that you also will have that closeness, that desperation with the Lord, so that He can mightily use you in soon-coming events. Unless you are broken you will not have this closeness to His voice, the dependency on Him, the total yieldedness that it will take to fight the battles.

92. (Jesus speaking:) I allow many difficulties and problems along the way, and those difficulties and problems are My tools in your life. What else could I use? What else keeps you humble and broken and dependent on Me? What else teaches you the lessons that you need to learn?

93. The path to true strength, is the path of humility, the path of breaking, the path of the making of a man or woman. For it is in the times of affliction--affliction of flesh, affliction of spirit, affliction of mind, affliction of heart, affliction of soul--that I mold thee, and I make thee, and I strengthen thee. And though thou dost not come out glorious and shiny, thou comest out useful, thou comest out humble, and thou comest out knowing Me, trusting Me. These things that thou hast passed through are not defeat, they are stepping stones to glory.--Not the glory of man, but the glory of God.--The glory of humility, the glory of utter dependence upon Me, the glory of My Spirit working through the humble heart, through the trusting soul, through the yielded mind, through the loving spirit.

94. The greatness that God gives comes about from the testings and the trials and the trusting. And the glory and the strength and the power that you seek doesn't come in the way that you would think. It doesn't come in the paths of glory as with man, it comes through the path of God, the lowly path, the humble path.

95. (Dad speaking:) I see now as I review my life that the times of despair, of discouragement, the feelings of failure, were the times of my testings and the times of my provings, the times of my humblings, the times of me proving my faithfulness and my diligence and my love for the Lord in spite of all that I felt about myself, and all that the Enemy told me about myself. It was those times that gave me the deeper love for Jesus that I needed, and the time when He decided to use me in a greater way.

96. (Jesus speaking:) I must humble you and teach you what it means to be fully dependent on Me. The truth has not changed that I can only use broken men and women.

97. (Dad speaking:) The Lord has ways of humbling His children, always keeping them humble.

98. (Dad speaking:) The Lord has to do some things in your life to keep you humble and knowing how much you need Him. He can't make everything perfect for you, give you all the desires of your heart all the time, and give you all the blessings and things you want at every turn--you'd just become too self-righteous and proud. He knows the desire of your heart is to be close to Him most of all, depending on Him, needing Him, obeying Him and doing His will, so in His love for you He provides situations that help you to stay close to Him, humble, and lowly in your own eyes.

99. (Dad speaking) The best thing to do is to fight to stay soft-hearted in spite of life's hurts and battles and mistreatment. Things go wrong sometimes, and often you feel the brunt of the hurt. But you have to remember that the Lord allows it for a good reason, and if you can just react humbly and call out to the Lord for His help and anointing to be able to take it, to stay soft and humble and kind no matter what, you'll not only be able to stay soft in heart, but you'll grow. You'll grow in love, compassion, understanding, and humility--all the good qualities of the Spirit.

100. (Dad speaking:) He allows you to feel shaken up so you will cry out to Him and seek Him, so you'll stay close to Him and realize that without Him you're nothing. It's part of

keeping you humble. He has to allow you to experience that. You have to know that it's only Jesus and nothing of yourself, and that He's the Source of all power, of anything good that you do. It's Christ in you, not you in you.

101. (Dad speaking:) The Lord has to continue to keep us humble and yielded so that He can continue to use us to the fullest.

102. (Jesus speaking:) Humbling is always a good thing.

103. (Dad speaking:) With all of us the Lord does things to humble us and keep us humble. But the more we're fighting to humble ourselves before Him and others, the shorter the fall is when He humbles us, and thus the less painful and difficult--because we're already closer to the bottom, ha! Praise the Lord!

104. (Jesus speaking:) Despise not the breaking. Despise not the humbling.

105. When you go through an extreme breaking, when you find yourself stripped of everything you cared about, everything you wanted, that's where you gain humility.

106. The days are coming when you will rejoice, when you will look back with praise and thankfulness that I saw fit to humble you that I might use you.

107. Accept the humbling, for in humility you will find great happiness. For this is the road that I choose for you, a road of gentle humility, of submission, and of yieldedness.

108. Anything that is humbling is good for you because it keeps you fresh, young, and alive in spirit. If you want to become and remain a new bottle, seek out the humble things and do them!

109. Seek My humility, for in humility there is strength. Pride is the way of the world, the way of the Sorcerer, to shut you off from My Spirit. But with Me is humility.

110. The keys can uproot any resistant weed of pride and replace it with the beautiful flowers of humility. Pride cannot dominate you if you call on the keys of the Kingdom.

111. To stay on the road of humility, call on the power of the keys daily to keep your pride in check.

112. When pride gets in your way, claim the keys and humble yourself before Me and others, and pride will be replaced by the spirit of Heaven!

113. When pride begins to take hold in your heart, then seek Me for humility.

114. In your fight against pride, call on the power of the keys to help you don the garment of humility in all you do and say.

115. The more you use the keys, the less hold pride will have on your life and spirit, for in calling on the keys you acknowledge your own weakness. The keys embody humility and conquer pride.

116. The keys of the Kingdom can overcome all forms of pride.

117. Lean heavily on the keys when pride tempts you, and I will deliver you.

118. Each time you must make a decision-to take the proud road or the humble one--calling on My keys will help you make the right choice.

119. I will help you walk the humble walk and replace pride with humility through the power of the keys.

120. A pretty good rule of thumb is, if it hurts your pride, then go ahead and do it!

121. As has been wisely said, only pride hurts--humility doesn't really feel it.

122. This is My promise to you who lay your pride down, who stomp on it and chop it up, and who pick up the spirit of humility and follow where it leads. You will never regret following the humble path, for it is where I dwell and where I wait for you.

123. It's the natural, sinful, rebellious nature of man to think that he knows better than Me. That's why you have to constantly pray for My humility, because it's not something that comes naturally. It's something you have to want, cultivate, and fight for. But along with that humility comes grace, peace, understanding, acceptance, and many gifts that make life pleasant and a wonderful learning experience, rather than a journey of pain, unhappiness, resentment and bitterness.

124. Where pride dies, humility lives and grows. It doesn't hurt to kill your pride a little more and bury it just a bit deeper to where it can never surface again.

125. Strip off your pride and self-image, and come before Me naked in true desperation and humility. I am nigh to, and can't help but honor, the humble and contrite heart.

126. I will deliver you from the horrible bondage of pride and will set you up upon a Rock. That Rock will be Me, and there you will stand clothed with garments of humility, not looking at yourself and saying, "Look at me," but rather you will say, "Look at my Rock, look at my Deliverer, look at my Lover and my Husband, who in His kindness and mercy has delivered me from the pit of hell, from the bondage of my own pride." You will learn to glorify Me and to give Me all the credit, all the glory, and all the thanks and praise.

127. Be not ashamed to humble yourself in My sight.

128. As you continue to humble yourself in My sight, I will continue to honor you and grant you the requests that you have asked of Me.

129. Humility is surrender to the Spirit of God. You take hold of Me and profess your need and admit your weakness. You refuse to let your pride keep us apart. In humility you gratefully and with anticipation receive all that I have to give you. You don't question with a carnal mindset.

130. Humility is acceptance of My will in every area of your life. Humility accepts and praises Me for everything that I send your way. It doesn't think it knows better.

131. The essence of humility is being so submitted to My Spirit that you have no will of your own, and you become a living, moving, breathing sample of Me and My heavenly ways. This is humility.

132. (Timothy Concerned speaking:) The Lord doesn't judge you by accomplishments, by talents, by how much you know, or how good you are. He judges by your heart--and the thing that gets the highest marks, above anything else, is love and humility, because love and humility make you willing to do anything. They give you yieldedness and peace. They allow the elixir to flow through you and make you a blessing in all that you do, even if it's just little tiny things.

133. (Jesus speaking:) As you lay down your life, your heart, your spirit, your very being in humility before all, you will reap admiration encouragement, strength, fulfillment and answers to your most sincere prayers. For whatsoever a man sows, that will he also reap.

134. There is nothing that delights Me more than when you humble yourself before Me, for in humility there is great power. Humility is the power of My love, and it brings about change, just as pride is not of Me and doesn't bring change but destruction.

135. Stay desperate daily to keep a humble heart and spirit, and then My grace will be sufficient.

136. Everyone needs the prodding of My Spirit in their life, reminding them to stay lowly and humble in their own eyes, and reminding them to stay close to Me.

137. You have to keep your spiritual walls strong by keeping your attitude right, keeping your spirit right, and keeping our relationship strong in spirit. And the way you do this is through seeking to be humble.

138. Stay humble. Give Me the glory and credit when things go right or you do a good job, or when you get any kind of compliment.

139. I pour into those who are humble before Me, those who know they are nothing, who are empty of themselves, who create a vacuum and say, "Lord, I need You! I must have You! Give me the anointing, the power, the seeds of Love that I might do Your will!"

140. I want to see those who are humble servants of all, willing to do whatever needs to be done in order to make a difference.

141. To be the best that you can for Me requires being humble and nothing, weak and insufficient in yourself, and willing to take on the lowliest tasks.

142. I love you, My dear loves. Thank you for being willing to follow Me and to grow in humility and to decrease in pride.

143. Real love actively fights pride, and actively embraces opportunities to do the humble thing.

144. Seize the opportunities that I bring across your path to do the humble thing.

145. The keys of humility are multifaceted, and you'll be amazed how much they can change you when you call on them for faith to do the humble thing.

146. Seek to be humble. Seek to do those things which are humbling, and rejoice in them. When there is a choice to do the proud thing or the humble thing, always choose to do the humble thing. For therein lies My blessing, therein lies My strength, therein lies My Love, and therein lies the joy that you seek.

147. Humble yourselves before Me and humble yourselves before one another, for in humility is great love. In this humility is My Love and the rewards of My Love and the passion of My Love, and the Spirit of My Love. For I am Love.

148. As you obey My checks to do the humble thing, I fill you with peace and sweet contentment.

149. Do the humble thing, by acknowledging that you need My help and coming to Me constantly to hear My voice.

150. Do the humble thing. This is your surest, most effective safeguard against pride.

151. (Dad speaking:) You'll never be able to do the humble thing in the big matters if you're not willing to do the humble thing in all the little ways throughout the day!

152. (Jesus speaking:) Every time you make a mistake and then do the humble thing to rectify it, each time you start a conversation and then stop and remember to pray, each time you reach out in humility as I have asked of you, you are being a living sample of what I want My children to be and do.

153. When someone is fully yielded and walking in humility, it's much easier to roll with the punches of the Enemy and get up more quickly, letting his lies pass over you with no effect whatsoever.

154. Only through My power will you be able to defeat the Enemy. Only those who, in their own humility, in their own weakness, in their own incapacity, look to Me for the strength, the strategies, and the munitions they need in their battles with the Evil One, will be able to overcome him.

155. Those who stay soft and close and humble are better prepared to fight the Enemy's doubts. Because though they look weak in themselves and their own minds, they have greater strength in Me and in the power of My Word.

156. When you're humble, it's one of the blessings of the Spirit that you have the grace to flow with things better. Humility just works.

157. It is through humility and weakness that I can work through you and use you to accomplish My will.

158. It is through brokenness and humility and weakness that miracles are accomplished and that My mighty works are done--not through the arm of the flesh, not through the thoughts and wisdom of men.

159. Only those that are humble, that are yielded, that are vessels for My using, can be used in the way that I wish to use them. For the lowly and the meek, those that are dependent upon Me, those that hear My voice and those who obey My every whim, My every Word, My every thought, these are they that I can use in the days to come.

160. The gentle dove of My Spirit needs soft, tender, broken and humble hearts to work through. Humble yourself under the mighty hand of God and He will work through you mightily. He will manifest the great power of His love through you in the days to come.

161. (Spirit helper speaking:) Walk in humility, giving all the glory to Jesus, knowing that of your own selves you can do nothing. Lean on Him and find your strength.

162. (Jesus speaking:) When you walk in humility, it gives you power and strength to overcome as you gain momentum and move forward!

163. I am humility, and the more you make the humble way your way of operating, the more you have of Me. I am satisfaction. I am fulfillment. I am the all in all. And all of this will be yours, as you follow in My footsteps and walk the humble road.

164. You can't work in the Spirit without being humble, and you can't be humble when you're not walking in My Spirit.

165. This is the key if you are to follow closely--you must walk in humility and show yourself weak.

166. I bless those that walk in humility.

167. I know what's best and will show you the humble, loving thing to do.

168. Humility is the key ingredient in you being a success in every endeavor you embark on.

169. I call you to come and cast off your dirty garments of pride, that you might receive My beautiful, clean, strengthening garments of humility.

170. There is nothing that stands between My heart and yours when you are faithful to throw off your garments and cover-ups, and put on My cloak of humility.

171. I can only use broken men and women, humble men and women; no others will do. This is why it is so vital to strive to don the spirit of humility, wear the clothes of meekness, and put on the garments of lowliness.

172. True spiritual strength is found in humility, in confessing your needs, in needing others, in showing yourself weak and in need of others' support and encouragement.

173. My way is humbling. It accompanies the realization that you can't do it; you have to admit your weakness and accept My strength. My way, the art of dependence, isn't self-glorifying.

174. The humility that comes with expressing your needs is part of My plan for you.

175. Saying the words of praise and love helps to keep you prayerful and humble and yielded, and it reminds you how much you need Me. So it's good to do that and to let Me and others know that you need Me.

176. It is humbling to come before Me and admit that you need answers. And it will be humbling for you to see My power in comparison to your own. But in humility is great peace. And in humility is great rest.

177. Praying is humbling yourself before Me and others, and asking Me to do what you can't do.

178. Cry out to Me in desperation of heart and humility!

179. What can I do to open your mouths, to open your fists, to get you to ask, to get you to receive the blessings? What can I do? I cannot force you. ... Believe it's there! Reach for it, ask for it, put out the hand. Beg if you must, but humble yourselves and it will be given you. Ask and you shall receive.

180. The rules of the game are that as you ask, I give. I can't change those rules, for they've been set since the beginning of time. You show yourself humble, needy, and obedient to ask, and then I have the great pleasure of giving you everything I've been wanting to give. Do you want to make Me happy? Do you want to give Me satisfaction and joy? Then ask Me for what you need! Only as you ask can I perform miracles of supply. If it could be different, I would tell you. But believe Me, you limit My giving by not asking in prayer.

181. Let not your heart be troubled; be not overwhelmed by this trial you are now faced with. All things come from Me, and I have brought this into your life now that you might learn desperation and humility. Desperation and humility are good spiritual qualities, for when you pray in a desperate and humble manner, there is nothing that I will not do for you. These are My gifts to you, and they'll be a strength and help to you in the days to come.

182. When you cry unto Me with a whole heart in yieldedness and humility, My forces are loosed to fight with all the power of Heaven and Earth.

183. As you open your heart to Me, so will I open My heart to you. As you lift up your hands in prayer to Me, in desperation, so will I open My hands and pour forth unto you in abundance. As you kneel before Me in humility, admitting your need for Me and crying out to Me for help, so will I lift you up and raise you up and give you strength that you know not of.

184. (Dad speaking:) The Lord will always come to your aid when you cry out to Him in your need. He will always answer the cry of those who hunger and thirst for Him and His righteousness. It's at that time, when your heart and soul are crying out for forgiveness, for answers, for help, for strength--when your heart recognizes its incompleteness and the need to unite in passionate desire with your Creator to find fulfillment, that your new man is formed from the ashes and death of the former. At that time, your humility triumphs over your pride, and you have the victory.

185. (Jesus speaking:) Praying is being a witness of My Spirit and power. It's standing up and being counted as Mine. It's a public declaration of discipleship and commitment. It's a clear show of conviction. That's why your pride fights it. It's not that it's so embarrassing or that you're prone to goof, it's just that it's humbling for you to be spiritual and do anything spiritual. That's yet another sign that it's a good thing and good for you. If it's humbling, it's good for you. Do the humble thing. And I mean really do it. Fight to make it a new habit.

186. Humble yourself before Me and others, confessing your need for My help and receiving united prayer.

187. I put people in situations where they need united prayer and the help of others, so they can be a testimony of humility and it will glorify Me.

188. Ask for prayer. It's humbling, but it's good for you.

189. It shows a very desperate spirit when you humble yourself to ask for prayer, and that very desperation of spirit draws the power of Heaven to be released and come to your aid.

190. I will bless your humility in calling for prayer and the laying on of hands.

191. When you take the step to confess, humble yourself, and have prayer, and your loved ones pray for you, then I'll never fail to do My part.

192. Ask Me if you should come before the body to receive prayer and laying on of hands. There is great power and an added boost in showing your humility and dependence on Me in this way.

193. By asking the body for prayer, you're showing Me by your actions that you're willing to humble yourself in order to make progress and learn. In the process, you're also sharing your lessons with others, which enhances your unity and causes the other members of the body to continue to intercede for you.

194. Whether it's an attack of the Enemy or a time of lesson learning, doing the humble thing by sharing your heart and asking for prayer never hurt anyone! In fact, it's guaranteed to help!

195. It's better to get the prayer that you need than to try to do it on your own because your pride doesn't want others to hear what's happening. Don't limit Me and yourself by trying to do it on your own. I will bless you for taking this step of humility and faith. I will meet every need, answer every prayer, and bring great relief to you when you ask others to intercede in prayer for you, and call on the keys for you!

196. The Enemy will try to tell you that united prayer isn't really all it's cracked up to be, and isn't worth the trouble or the humbling. But the reality is that asking for united prayer brings about crucial change in the spirit world, and through it our Defender releases supremely powerful spiritual helpers to aid you in the fight--valiant warriors who might not have been available to you otherwise.

197. A way to inspire and encourage greater unity is through humility, and manifesting humility by being honest with one another--honest with yourself on a personal level, honest with others on an individual level, and honest on a Home level. Some fight major battles, and bringing these battles before the Home for united prayer will help bring about greater unity as you fight together to overcome the Evil One, by fighting for your brethren who battle loneliness, negative thinking, comparing and discouragement. This takes humility, but this is something that would encourage greater unity as a body as you fight together to defeat the Enemy who is attacking one who is weak or suffering and needs your help and prayer.

198. You must first make that initial decision to ask for prayer, to realize that you will be required to humble yourself before all in order to make progress. Another important thing to remember is that when you ask for united prayer, the responsibility of making progress also rests on the body's shoulders. Having humbled yourself in coming before the body, you're admitting that you can't do it on your own; you're asking for help.

199. I'm proud of you for coming before the body and asking for prayer. You should do this as often as you need to, for it has many benefits: It strengthens you, and the prayers of those around you help move the hand that will perform miracles in your life. It also encourages those around you and lets them know that you are just like them; this strengthens their respect for you and motivates them to want to listen to you more. It also humbles you, which in turn strengthens you and brings you closer to Me. So there are many benefits, and this is something that you should do regularly as the need arises.

200. Don't ever be afraid to ask for prayer. Don't ever be afraid to come humbly before your brethren to ask for their help in prayer. Don't ever be afraid to confess that you've made mistakes, have problems, and don't really know what you're doing. Sure it's humbling, and it's not always easy to do. In fact, it can grind against the very fibers of your carnal mind. It goes contrary to the natural man. It's the opposite of all that one thinks is best and good and necessary. But, praise the Lord, that's what it's all about!--That there's less of you so that more of Him can shine forth.

201. The humble thing is stopping to hear from Me more throughout the day, looking to Me more, acknowledging the need for Me to give you closer direction, praying more. A lack of prayer in your life is a manifestation of pride. The more you pray, the more you show your humility.

202. It takes a lot of humility and a lot of yieldedness to be a leader.

203. I lead in the way of righteousness, in the way of humility, in the way of love, in the way of submissiveness.

204. You are chosen by Me to be leaders-every one of you has special leadership skills, which I am working on honing, because in the days to come, you will be called upon to lead in some capacity. That is one reason you must go through so many tests and breakings now, so that you are polished and humble and broken and ready to be My vessels in any capacity that I call you to.

205. The sheer magnitude of a person's responsibility is often what keeps him close to Me. When someone knows that he can't possibly do it on his own, he's "forced" to be desperate, to seek Me, to stir himself up to seek a higher power. When you have your back against the wall, when the weight of your responsibility and all that is hinging on you

is ever before your face, of course it motivates you to obey; it humbles you, it causes you to need others, and it helps you respect others who also carry a heavy load.

206. (Dad speaking:) There isn't one single leader in the Family today that the Lord is greatly using and who has His special anointing, that hasn't been through the fire. They've all been tested. They've all had to go through personal battles, trials, and make great personal sacrifices. They've all had to surrender and yield their lives, their personal desires and plans, their pride, and many times their loved ones on the altar of sacrifice and give them all up to the Lord. That's why they're such beautiful, yielded vessels which the Lord can use. It takes real humbling and breaking and remaking by the Lord's Spirit for you to become the leader He needs and wants you to be.

207. (Dad speaking:) There's a need in the Family for leaders. There's a need in the Family for people who are willing not only to be leaders, but to endure the refining and the breaking that comes with the job--the humbling, the humiliation, the giving of yourself and the daily sacrifices for the sake of others. You're going to face no end of situations to keep you desperate, humble, and very close to the Lord. You know why? Because the Lord needs you! He needs you as His representative.

208. (Jesus speaking:) Learn to receive correction, guidance and counsel from one another. For if you expect to become the teachers and shepherds of the new flock that I'm going to bring to you, then you must be humble enough to be shepherded yourself. You must not see it as interference by others, but as someone who loves you trying to help.

209. Surely you haven't understood what being a shepherd means. You haven't fully understood the degree nor depth of My Word--that being a shepherd means laying down your own life for the brethren, giving all that is within you, just as I did for the love of My sheep. It is a death, yes, but it is a death that is beautiful and glorious in My sight, bringing forth eternal and lasting fruit and the true beauties of spirit: sacrifice, humility, and love. No greater than these three walk among the children of men. When I asked you to step into these shoes, this was a gateway, a door to great growth for your spirit that you may learn of the joys, the growth, the depth of spirit and character, the great heights, the rewards, and, yes, the great happiness, joy, and true fulfillment that follows those who die to themselves in order to live for others.

210. If a leader is unable to see himself as others see him, and have the humility to admit his mistakes and welcome help and advice and counsel on his style and shepherding and administration methods and personal sample, he can never be a truly great leader.

211. It is a day to learn to let the Queen of Love [the Holy Spirit] be the leader. It is a time to learn to let the humble and the lowly lead. For My Spirit seeks the humble and the lowly, and it dwells there with them.

212. A good marriage is humbling. It's filled with great self-sacrifice, but the reward is an intimate and fulfilling relationship--a model or example of what you should have with Me.

213. Being married to someone helps you to tap into the resources of unselfishness, humility, and love, which can all bring more happiness into your life.

214. How humbling marriage is. It will be your ultimate humbler, and therefore it will be one of your greatest opportunities to become more like Me, to learn to be meek and lowly in spirit and to put the needs of others before your own. This is a gift I offer to those who choose to marry--the gift of humility--and in order for your love to grow, for your relationship to flourish, and your bond to be strong, you must practice this gift of humility.

215. (Dad speaking:) Marriage is humbling. It's doing the humble thing. It's self-sacrifice. It's giving and giving and giving again. It's meeting the needs of the others first, before your own. Marriage can be plain old hard work! Marriage can be the most satisfying and strengthening experience you will ever have.

216. (Jesus speaking:) Come, My beautiful brides! Step forward! Come into the chamber of divine love! Come into the sacred, hallowed spot where I join man and woman, where I bring out the treasures of My eternal love and give to those who are willing to humble themselves before Me to be joined together.

217. (Dad speaking:) Marriage is honesty and good communication. It's being willing to share your heart and your thoughts in all humility.

218. (Jesus speaking:) Humility is love and love is humility, and getting married is the best way to exercise yourself in both of these very important qualities. When you are married to someone, you face them every day and night and must constantly manifest your love and My love to them, in the good times and the bad, when you feel like it and when you

don't. They see you as you really are--the many hidden faults and failings which others do not see because they are not so close to you. This keeps you humble before your mate, and them before you. You can learn such things around others, but in married life it is a daily battle for love and humility and a constant learning experience.

219. The Devil hates marriage because the combining of two hearts is a powerful force for good, so he tries to tear down the traditional family values that used to be instilled in people, preaching that independence means strength and power, when just the opposite is true. Humility, teamworking together, loving another as yourself, committing yourself to another person and to your children--all these are building blocks to a strong bond which helps you to face the problems of life.

220. Humility is accepting the way the Lord has made you--everything from your looks to your personality, talents, ministry, spirituality, and all the rest.

221. (Dad speaking:) I've always said, and the Bible says too, that the Lord loves children. He loves them. He creates them. He needs them. He longs for the children, the purity of their love, the humility that they have. The precious spirits that they are born with are so pure and so perfect in a way. You can see His love in their faces. Oh, if we could only be children ourselves, in a way, because they take everything by faith. They're so humble and unassuming.

222. (Jesus speaking:) Humility is a gift I give; it comes from loving Me intimately and pouring forth My love to others. If you are faithful to show My love to others and walk in a spirit of humility toward them, taking the humble seat, not being afraid to admit mistakes even in front of others, then I will pour out the humility and healing that you desire. Constant acts of love, as well as open, honest communication, will form a bond of unity and humility that will make you unbeatable.

223. It's good for your pride to give the credit and thanks where it belongs. It helps to keep you humble, knowing that you don't have all the answers, and that others have some pretty good answers and tips.

224. Great men and women are made through their great yieldedness, quietness of spirit, humility, and coming to Me.

225. Receive the gift of humility. This is the most important of the gifts that I'm giving you. I will now give you this gift in full measure that you might be an ensample to others of My love and My humility--for they are one and the same.

226. You surrender everything to Me through humility.

227. I love your humility. I love how you are willing to show Me your love by going the distance to humble yourself before Me, being naked in spirit and holding back nothing from Me.

228. Rejoice, for your days of humility now are preparing you to rule with My love and wisdom.

229. Join the army of simple, humble soldiers who stand naked before Me, uniting in humility that they might be a force to reckon with in the days of evil to come.

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