



## CHAPTER THIRTEEN

# ***EMBRACING HUMILITY***

In the hushed stillness of the early morning, a solitary figure knelt in prayer in the scheduled garden, the dew-laden grass whispering beneath his feet. His head bowed low, his heart heavy with the weight of the burdens he carried. The air was thick with the scent of blooming flowers, the chirping of birds a gentle backdrop to the whispers of his soul.

As poured out his heart to the Father, he remembered the words of the apostle Peter, echoing in his mind like a soothing balm for his troubled spirit.

***“Clothe yourselves with humility towards one another, for God opposes the proud but gives grace to the humble”. (1 Peter 5:5b)***

The man realized that in his pride, he had tried to carry his burdens alone, relying on his own strength and wisdom. But now, in his sacred moment of surrender, he understood the power of humility. To lay down his pride and acknowledge his need for God's grace, to embrace

his own limitations and weaknesses, was to invite the hidden touch of the divine into his life.

He felt a deep sense of peace settling over him, a gentle assurance that he was not alone, as he meditated on these words. The weight of his burdens listed from his shoulders, replaced by a lightness of being that he had not felt in a long time. He knew that true strength lay not in self-reliance, but in humble dependence on the One who could carry his burdens for him.

For so long, he has seen humility as weakness, a lack of self-confidence and assertiveness. But now, in this moment of revelation he understood that true humility was a source of strength, a reflection of his trust in God's providence. It was a willingness to surrender his own desires and ambitions, to submit his will to the greater good of the kingdom.

The man rose from his prayer, his heart overflowing with gratitude and joy. He knew that the journey ahead would not be easy, that challenges and trials awaited him. He also knew that he was not alone, that the God of all grace would be his constant companion, his strength in times of weakness. He thought of the words of

James, another apostle who had written of the importance of humility in the Christian Life.

***“Humble yourselves before the Lord, and he will exalt you”.*** (James 4:10)

This promise filled him with hope and renewed determination, knowing that as he embraced humility, God would lift him up in due time.

The man set off on his path with a new found confidence and peace, as the sun rose higher in the sky, casting golden light over the garden. He knew that the road ahead would be long and tedious, but he also knew that he was working in the footsteps of the One who had gone before him, the One who had promised to never leave him nor forsake him.

Then, with a lightness of heart and a spirit of humility, he embarked on his journey, ready to face whatever lay ahead with courage and grace. For he knew that in embracing humility, he had found the true source of strength and peace, the key to unlocking their abundant life that God had promised to all who would follow him with humble hearts.

As he ran, his feet pounding the earth in rhythm with his heartbeat, he felt a deep sense of connection with the world around him. The trees whispered their ancient wisdom, the birds sang their songs of praise, and the sun warmed his face with his gentle caress. He knew that in embracing humility, he had opened himself up to the beauty and wonder of God's creation, to the divine presence that surrounded him at every turn.

He thought of the words of the psalmist, who had marveled at the majesty of the heavens and the earth, declaring,

***“When I look at your heavens, the work of your fingers, the moon and the stars that you have established; what are human beings that you are mindful of them, mortals that you care for them?”  
(Psalm 8:3-4)***

In that moment, he felt a profound sense of awe and wonder at the thought that the Creator of the universe would stoop down to care for men mortals like himself.

The man reflected on the humility of Jesus, who had willingly laid aside His divine glory to become a humble servant, washing the feet of his disciples

and ultimately laying down his life for the salvation of the world. Then, as he ran, he felt a deep sense of gratitude and reverence for the sacrifice that had been made on his behalf, a sacrifice that he could never repay but could only receive with humility and thanksgiving.

Thus, as he created a hill and gazed out over the sprawling landscape before him, a sense of peace settled over his soul. The wind whispered through the grass, carrying with it the sweet scent of wild flowers and the promise of New Beginnings. He knew that in embracing humility, he had opened himself up to a deeper relationship with God, a relationship built on trust, surrender, and gratitude. He knew that the journey ahead would be challenging, filled with obstacles and trials, but he also knew that he was not alone. With God by his side, he could face whatever came his way with faith and courage. And yet, as he continued his run, the burdens that had weighed him down seemed to fall away, replaced by a sense of freedom and joy. He knew that true strength was not found in his own abilities or accomplishments, but in the grace and power of God walking within him. Thus, with your heart full of humility and the spirit of perseverance, he pressed on, eager to see

where this journey of faith and surrender would lead him.

He felt a deep sense of peace and contentment, as the sun dipped below the horizon, casting shadows across the paths before him. The journey of embracing humility had only just begun, but he knew that with God's grace guiding him, he could face whatever lay ahead with courage and grace. Therefore, with a heart full of gratitude and his soul at peace, he continued on, knowing that the humble path was the way to true strength, true peace, and true freedom in the arms of his loving Father.

The words of scripture echoed in his heart, as the runner continued on his journey of embracing humility:

***“God opposes the proud but shows favor to the humble”. (1 Peter 5: 5b)***

He knew that to truly experience the favor of God, he needed to let go of his pride and embrace humility in all areas of his life.

The runner reflected on the story of the prodigal son, a parable that spoke to the transformative

power of humility and repentance. Like the prodigal son, he too had strayed from the path of righteousness and had sought his own way instead of God's way. But now, through the grace of God, he was returning with a humble heart, ready to surrender his will and his ways to the loving arms of His Heavenly Father.

In the book of James, the runner found for the encouragement to embrace humility:

***“Humble yourself before the Lord, and he will lift you up”. (James 4:10)***

He understood that true greatness was not found in exalting himself, but in humbling himself before the Lord.

As he ran, he felt the weight of his pride and self-reliance being lifted off his shoulders, replaced by a sense of lightness and liberty that could only come from submitting to the will of God.

The runner also meditated on the words of Jesus, who said,

***“Whoever exalts himself will be humbled, and whoever humbles himself will be exalted”.***  
***(Mathew 23:12)***

He realized that the key to true exaltation was not in seeking recognition and praise from others, but in humbling himself before the Lord and allowing God to lift him up in His perfect timing and ways.

In the book of *Proverbs*, the runner found wisdom and guidance on the importance of humility:

***“Pride goes before destruction, a haughty spirit before a fall”.*** ***(Proverbs 16:18)***

He knew that his pride and self – sufficiency had let him down a path of destruction and chaos, but now, through the grace of God, he was finding a new forward - a way of humility, surrender, and trust in the Lord.

As he continued in the act of running, he felt a sense of peace and contentment settling over him, he knew that embracing humility was not a one-time decision, but a daily choice to surrender his will and his ways to the will of God. And so, with each step he took, he surrendered his pride, his fears, and his doubts to the loving hands of his

Heavenly Father, trusting that God's plan for him was good and perfect.

In the Book of *Psalms*, the runner found comfort and assurance in the words of King David, who wrote,

***“The Lord lifts up the humble; He casts the wicked to the ground”. (Psalm 146:6).***

He knew that as he humbled himself before the Lord, he could trust in God's faithfulness to lift him up and guide him on the path of righteousness.

The runner also found inspiration in the example of Jesus, who humbled himself to the point of death on a cross willingly laying down his life for the salvation of all mankind. He realized that true humility was not about self-abasement or self-depreciation, but about acknowledging his need for God and surrendering to His will with a heart of obedience and trust.

Dear readers, as the runner approached the end of his run, he felt a deep sense of gratitude and awe at the journey of embracing humility that he had embarked upon. He knew that the road ahead would not always be easy, but you also knew that

with God by his side, he could face whatever challenges and trials came his way with faith, courage, and grace.

In closing, the runner whispered a prayer of thanks to the Lord for His mercy and grace, for His guidance and strength, and for the gift of humility that was transforming his heart and soul. And with a heart full of gratitude and a spirit of surrender, he continued on his journey of faith and humility, knowing that true strength, true peace, and true freedom could only be found in the arms of His loving heavenly father.