

## HUMILITY

Exodus 10:3 (יְהוָה speaking to Pharaoh) How long will you refuse to **humble** yourself before Me? Let My people go, so that they may worship Me.

Numbers 12:3, 6-8 Now the man Moses was very **humble**, more so than anyone else on the face of the earth. ... 6 And he said, "Hear my words: When there are prophets among you, I יְהוָה make myself known to them in visions; I speak to them in dreams. 7 Not so with my servant Moses; he is entrusted with all My house. 8 With him I speak face to face—clearly, not in riddles; and he beholds the form of יְהוָה . Why then were you not afraid to speak against My servant Moses?" [Moses interceded for Israel, for Aaron and Miriam. He gave up the Egyptian throne. And he was silent when falsely accused.]

Deuteronomy 8:2-3 Remember the long way that יְהוָה your God has led you these forty years in the wilderness, in order to **humble** you, testing you to know what was in your heart, whether or not you would keep His commandments. 3 He **humbled** you by letting you hunger, then by feeding you with manna, with which neither you nor your ancestors were acquainted, in order to make you understand that one does not live by bread alone, but by every Word that comes from the mouth of יְהוָה .

Deuteronomy 8:15-18 He made water flow for you from flint rock, 16 and fed you in the wilderness with manna that your ancestors did not know, to **humble** you and to test you, and in the end to do you good. 17 Do not say to yourself, "My power and the might of my own hand have gotten me this wealth." 18 But remember יְהוָה your God, for it is He who gives you power to get wealth, so that He may confirm His Covenant that He swore to your ancestors, as He is doing today.

Exodus 20:20 Do not be afraid; for God has come only to test you [**humble** you?] and to put the fear of Him upon you [**humble** you?] so that you do not sin. (!!)

Leviticus 26:40 But if they confess their iniquity and the iniquity of their ancestors, in that they committed treachery against Me and, moreover, that they continued hostile to Me— 41 so that I, in turn, continued hostile to them and brought them into the land of their enemies; if then their uncircumcised heart is **humbled** and they make amends for their iniquity, 42 then will I remember My Covenant with Jacob; I will remember also My Covenant with Isaac and also My Covenant with Abraham, and I will remember the land. 43 For the land shall be deserted by them, and enjoy its Sabbath years by lying desolate without them, while they shall make amends for their iniquity, because they dared to spurn My ordinances, and they abhorred My statutes. 44 Yet for all that, when they are in the land of their enemies, I will not spurn them, or abhor them so as to destroy them utterly and break My Covenant with them; for I am יְהוָה their God; 45 but I will remember in their favor the Covenant with their ancestors whom I brought out of the land of Egypt in the sight of the nations, to be their God: I am יְהוָה .

2 Chronicles 7:14 If My people who are called by My Name **humble** themselves, pray, seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.

2 Chronicles 24:27 and 2 Kings 22:19 because your heart was penitent and you **humbled** yourself before God when you heard His words against this place and its inhabitants, and you have **humbled** yourself before Me, and have torn your clothes and wept before Me, I also have heard you, says יְהוָה .

Psalms 18:27 For You deliver a **humble** people, but the haughty eyes You bring down.

Psalms 10:17-18 O Lord, You will hear the desire of the **meek** [**humble**]; You will strengthen their heart, You will incline Your ear 18 to do justice for the orphan and the oppressed, so that those from earth may strike terror no more.

Psalms 22:6 The **meek** shall eat and be satisfied: they shall praise יְהוָה that seek Him: your heart shall live forever.

Psalms 25:9 He leads the **humble** in what is right, and teaches the **humble** His way.

Psalms 25:8-10 (KJV) Good and upright is **יְהוָה**: therefore will He teach sinners in the way. 9 The **meek** will He guide in judgment: and the **meek** will He teach His way. 10 All the paths of **יְהוָה** are mercy and truth unto such as keep His Covenant and His testimonies.

Psalms 34:18-19 **יְהוָה** is near to the brokenhearted, and saves the crushed in spirit. 19 Many are the afflictions of the righteous, but **יְהוָה** rescues them from them all.

Psalms 37:10-11 Yet a little while, and the wicked will be no more; though you look diligently for their place, they will not be there. 11 But the **meek** shall inherit the land, and delight themselves in abundant prosperity.

Matthew 5:5 Blessed are the **meek**, for they will inherit the earth.

Psalms 76:8-9 Thou didst cause judgment to be heard from heaven; the earth feared, and was still, 9 When God arose to judgment, to save all the **meek** of the earth. Selah. 10 Surely the wrath of man shall praise Thee:

Psalms 147:5-7 Great is our Lord, and of great power: His understanding is infinite. 6 **יְהוָה** lifteth up the **meek**: He casteth the wicked down to the ground. 7 Sing unto **יְהוָה** with thanksgiving; sing praise upon the harp unto our God:

Psalms 34:2 (KJV) My soul shall make her boast in **יְהוָה**: the **humble** shall hear thereof, and be glad.

Psalms 45:4 (KJV) And in Thy majesty ride prosperously because of truth and **meekness** and righteousness;

Psalms 69:30-32 (KJV) I will praise the Name of God with a song, and will magnify Him with thanksgiving. 31 This also shall please **יְהוָה** better than an ox or bullock that hath horns and hoofs. 32 The **humble** shall see this, and be glad: and your heart shall live that seek God. [(NRSV) You who seek God let your hearts revive.]

Psalms 149:4 For **יְהוָה** takes pleasure in His people; He adorns the **humble** with victory. [(KJV) He will beautify (H6282 Pa'ar *glorify, adorn*) the **meek** with salvation (Yeshuah!).]

Proverbs 3:34 Toward the scorers He is scornful, but to the **humble** He shows favor.

Proverbs 11:2 When pride comes, then comes disgrace; but wisdom is with the **humble**.

Proverbs 22:4 The reward for **humility** and fear of **יְהוָה** is riches and honor and life.

Proverbs 24:3-4 By wisdom a house is built, and by understanding it is established; 4 by knowledge the rooms are filled with all precious and pleasant riches.

Isaiah 11:1-4 A shoot shall come out from the stump of Jesse, and a branch shall grow out of his roots. 2 The Spirit of **יְהוָה** shall rest on Him, the Spirit of wisdom and understanding, the Spirit of counsel and might, the Spirit of knowledge and the fear of **יְהוָה**. 3 His delight shall be in the fear of **יְהוָה**. He shall not judge by what His eyes see, or decide by what His ears hear; 4 but with righteousness He shall judge the poor, and decide with equity for the **meek** of the earth; He shall strike the earth with the rod of His mouth, and with the breath of His lips He shall kill the wicked.

Isaiah 29:18-20 On that day the deaf shall hear the Words of a scroll, and out of their gloom and darkness the eyes of the blind shall see. 19 The **meek** shall obtain fresh joy [(KJV) increase their joy] in **יְהוָה**, and the neediest people shall exult in the Holy One of Israel. 20 For the tyrant shall be no more, and the scoffer shall cease to be; all those alert to do evil shall be cut off.

Isaiah 57:15 For thus says the High and Lofty One who inhabits eternity, whose Name is Holy: I dwell in the high and holy place, and also with those who are contrite and **humble** in spirit, to revive the spirit of the **humble**, and to revive the heart of the contrite. 16 For I will not continually accuse, nor will I always be angry; for then the spirits would grow faint before Me, even the souls that I have made. 17 ... 18 ... I will heal them; I will lead them and repay them with comfort, ... 19 ... 20 But the wicked are like the tossing sea that cannot keep still; its waters toss up mire and mud. 21 There is no peace, says my God, for the wicked.

Isaiah 61: 1-3 The Spirit of יהוה GOD is upon me; because יהוה hath anointed me to preach good tidings unto the **meek**; He hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound; 2 To proclaim the acceptable year of יהוה, and the day of vengeance of our God; to comfort all that mourn; 3 To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of יהוה, that He might be glorified.

Isaiah 66:2 All these things My hand has made, and so all these things are Mine, says יהוה. But this is the one to whom I will look, to the **humble** and contrite in spirit, who trembles at My Word.

Daniel 10:12 He said to me, "Do not fear, Daniel, for from the first day that you set your mind to gain understanding and to **humble** yourself before your God, your words have been heard, and I have come because of your words.

Micah 6:8 ... what does יהוה require of you but to do justice, and to love kindness [mercy, grace], and to walk **humbly** with your God?

Deuteronomy 10: 12-13 So now, O Israel, what does יהוה your God require of you? Only to fear יהוה your God, to walk in all His ways, to love Him, to serve יהוה your God with all your heart and with all your soul, 13 and to keep the commandments of יהוה your God and His decrees that I am commanding you today, for your own well-being.

Zephaniah 2:3 Seek יהוה, all you **humble** of the land, who do His commands; seek righteousness, seek **humility**; perhaps you may be hidden on the day of יהוה's wrath.

Zephaniah 3:12 For I will leave in the midst of you a people **humble** and lowly. They shall seek refuge in the Name of יהוה — 13 the remnant of Israel; they shall do no wrong and utter no lies, nor shall a deceitful tongue be found in their mouths. Then they will pasture and lie down, and no one shall make them afraid.

Zechariah 9:9 Rejoice greatly, O daughter Zion! Shout aloud, O daughter Jerusalem! Lo, your king comes to you; triumphant and victorious is He, **humble** and riding on a donkey, on a colt, the foal of a donkey.

Matthew 21:5 "Tell the daughter of Zion, Look, your king is coming to you, **humble**, and mounted on a donkey, and on a colt, the foal of a donkey."

Matthew 11:28-30 "Come to Me, all you that are weary and are carrying heavy burdens, and I will give you rest. 29 Take My yoke upon you, and learn from Me; for I am **gentle** and **humble** in heart, and you will find rest for your souls. 30 For My yoke is easy, and My burden is light."

Matthew 18:3-5 Truly I tell you, unless you change and become like children, you will never enter the Kingdom of Heaven. 4 Whoever becomes **humble** like this child is the greatest in the Kingdom of Heaven. 5 Whoever welcomes one such child in My Name welcomes Me.

Matthew 23:12 All who exalt themselves will be **humbled**, and all who **humble** themselves will be exalted.

Luke 14:11-14 For all who exalt themselves will be **humbled**, and those who **humble** themselves will be exalted. 12 ... When you give a luncheon or a dinner, do not invite your friends or your brothers or your relatives or rich neighbors, in case they may invite you in return, and you would be repaid. 13 But when you give a banquet, invite the poor, the crippled, the lame, and the blind. 14 And you will be blessed, because they cannot repay you, for you will be repaid at the resurrection of the righteous. (Then He tells the parable of the Banquet.)

Luke 18:14 I tell you, this man went down to his home justified rather than the other; for all who exalt themselves will be **humbled**, but all who **humble** themselves will be exalted.

I Corinthians 4:21 ... with love in a spirit of **gentleness** [(KJV) **meekness**].

2 Corinthians 10:1 ... by the **meekness** and **gentleness** of Messiah ...

Galatians 5:23 The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, 23 **gentleness**, and self-control. There is no law against such things. [KJV: But the fruit of the Spirit is love, joy, peace, longsuffering, **gentleness**, goodness, faith, 23 **Meekness**, temperance: against such there is no law.] 24 And they that are [Messiah's] have crucified the flesh with the affections and lusts. 25 If we live in the Spirit, let us also walk in the Spirit.

Galatians 6:1-2 Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the Spirit of **meekness**; considering thyself, lest thou also be tempted . 2 Bear ye one another's burdens, and so fulfill the Law (Torah) of Messiah.

Ephesians 4:1-3 I therefore, the prisoner in **יְהוָה**, beg you to lead a life worthy of the calling to which you have been called, 2 with all **humility** and **gentleness**, with patience, bearing with one another in love, 3 making every effort to maintain the unity of the Spirit in the bond of peace.

Philippians 2:2-11 make my joy complete: be of the same mind, having the same love, being in full accord and of one mind. 3 Do nothing from selfish ambition or conceit, but in **humility** regard others as better than yourselves. 4 Let each of you look not to your own interests, but to the interests of others. 5 Let the same mind be in you that was in [Messiah Yeshua **ישוע** (Jesus)], 6 who, though He was in the form of God, did not regard equality with God as something to be exploited, 7 but emptied Himself, taking the form of a slave, being born in human likeness. And being found in human form, 8 He **humbled** Himself and became obedient to the point of death— even death on a cross. 9 Therefore God also highly exalted Him and gave Him the Name that is above every name, 10 so that at the Name of [Yeshua **ישוע** Jesus] every knee shall bow, in heaven and on earth and under the earth, 11 and every tongue shall confess that [Yeshua **ישוע** HaMashiakh (Jesus the Messiah)] is Lord, to the glory of God the Father.

Colossians 3:12-15 As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, **humility**, **meekness**, and patience. 13 Bear with one another and, if anyone has a complaint against another, forgive each other; just as **יְהוָה** has forgiven you, so you also must forgive. 14 Above all, clothe yourselves with love, which binds everything together in perfect harmony. 15 And let the peace of Messiah rule in your hearts, to which indeed you were called in the one Body.

1 Timothy 6:11 But thou, O man of God, flee these things; and follow after righteousness, Godliness, faith, love, patience, **meekness**. [In other words: pursue **meekness**]

2 Timothy 2: 24-26 And a servant of **יְהוָה** must not quarrel but be **gentle** to all, able to teach, patient, 25 in **humility** correcting those who are in opposition, if God perhaps will grant them repentance, so that they may know the truth, 26 and that they may come to their senses and escape the snare of the devil, having been taken captive by him to do his will.

Titus 3:1-2 Remind them to be subject to rulers and authorities, to be obedient, to be ready for every good work, 2 to speak evil of no one, to avoid quarreling, to be **gentle**, and to show every courtesy to everyone.

Titus 3:2 (KJV) ... to speak evil of no one, to be peaceable, **gentle**, showing all **humility** to all men.

James 1:13 Who is wise and understanding among you? Show by your good life that your works are done with **gentleness** born of wisdom.

James 1:19-22 19 You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; 20 for your anger does not produce God's righteousness. 21 Therefore rid yourselves of all sordidness and rank growth of wickedness, and welcome with **meekness** the implanted WORD that has the power to save your souls. 22 But be doers of the WORD, and not merely hearers who deceive themselves.

James 4:3-11 You do not have, because you do not ask. 3 You ask and do not receive, because you ask wrongly, in order to spend what you get on your pleasures. 4 Adulterers! Do you not know that friendship with the world is enmity with God? Therefore whoever wishes to be a friend of the world becomes an enemy of God. 5 Or do you suppose that it is for nothing that the Scripture says, "God yearns jealously for the Spirit that He has made to dwell in us"? 6 But He gives all the more grace; therefore it says, "God opposes the proud, but gives grace to the **humble**." 7 Submit yourselves therefore to God. Resist the devil, and he will flee from you. 8 Draw near to God, and He will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. 9 Lament and mourn and weep. Let your laughter be turned into mourning and your joy into dejection. 10 **Humble** yourselves before יהוה, and He will exalt you. 11 Do not speak evil against one another, brothers and sisters. Whoever speaks evil against another or judges another, speaks evil against the Law (Torah) and judges the Law (Torah); but if you judge the Law (Torah), you are not a doer of the Law (Torah) but a judge.

I Peter 3:3-4 Whose adorning let it not be that outward adorning of plaiting the hair, and of wearing of gold, or of putting on of apparel; 4 But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a **meek** and quiet spirit, which is in the sight of God of great price.

I Peter 3:8-12 Finally, all of you, have unity of spirit, sympathy, love for one another, a tender heart, and a **humble** mind. 9 Do not repay evil for evil or abuse for abuse; but, on the contrary, repay with a blessing. It is for this that you were called—that you might inherit a blessing. 10 For "Those who desire life and desire to see good days, let them keep their tongues from evil and their lips from speaking deceit; 11 let them turn away from evil and do good; let them seek peace and pursue it. 12 For the eyes of יהוה are on the righteous, and His ears are open to their prayer. But the face of יהוה is against those who do evil."

I Peter 3:15-16 Always be ready to make your defense to anyone who demands from you an accounting for the hope that is in you; 16 yet do it with **gentleness** [(KJV) **meekness**] and reverence. Keep your conscience clear, so that, when you are maligned, those who abuse you for your good conduct in Messiah may be put to shame.

I Peter 5:5-11 And all of you must clothe yourselves with **humility** in your dealings with one another, for "God opposes the proud, but gives grace to the **humble**." 6 **Humble** yourselves therefore under the mighty hand of God, so that He may exalt you in due time. 7 Cast all your anxiety on Him, because He cares for you. 8 Discipline yourselves, keep alert. Like a roaring lion your adversary the devil prowls around, looking for someone to devour. 9 Resist him, steadfast in your faith, for you know that your brothers and sisters in all the world are undergoing the same kinds of suffering. 10 And after you have suffered for a little while, the God of all grace, who has called you to His eternal glory in [Messiah], will Himself restore, support, strengthen, and establish you. 11 To Him be the power forever and ever. Amen.

[All from NRSV with added Hebrew and capital letters]