

## HELPING CHILDREN LIVE WITH HUMILITY

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Our children are growing up in an increasingly self-centered world. However, the Bible clearly states that we must live with humility. While it is crucial for our children to develop positive self-esteem, they also must develop characteristics of true humility. That sounds like a tall order!

Here are some ideas to support consistent humility:

**Model:** Your children notice what you do and will learn from that more than what you tell them. The humility that is modeled is a powerful witness to your children. How do you model serving others, celebrating their successes, eliminating gossip and critical talk about others, and being humble in the face of your success? How often does your child see you openly admit your mistakes, confess, and seek forgiveness?



**Explore:** Explore God's Word with your children. Help your child understand that their true meaning and value come from being a child of God. Some verses to read together include [Luke 12:6,7](#), [1 Samuel 16:7](#), [Ephesians 2:10](#), and [Isaiah 43:1](#). In knowing *whose* they are, they can begin to live in true humility.

**Define:** Humility can be difficult for children to understand at first. When others praise them, it can be hard to understand why they can't do the same about themselves. In a world where being the first or the best matters, it can be confusing for your child to hear that they should value something different. Talk with your child about humble consistency and why it matters to God and you. Reflect on how God made each person in his image; all matter equally. Imagine together what it could look like if everyone lived with humility instead of pride. Dig into [1 Peter 5:6-7](#), [Luke 14:11](#), [Ephesians 4:2](#), [1 Corinthians 5:7](#), and [Proverbs 22:4](#).

**Guide:** Guide your child to see and celebrate the good in others. Acknowledge and point out humility in others so your child can see it in action. Practice gratitude often. Find opportunities to serve others together, and make a note when you see your child serving with humility. Call out moments of pride with gentle correction. Practice and role-play situations where people excessively praise them or it's hard to be humble, so they know how to respond humbly.

Being consistently humble creates a character of integrity. Children look for this consistency in what we do and who we say we are. True humility can lead to many other positive developments, including positive self-esteem, a willingness to serve others, and contentment in who and whose they are.

Want to do a deep dive? Check out Family Fire's article, [Be the Hero for your Family](#).

written by Lisa VanderKuip

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