

REACH OUT



FINDING YOUR PLACE IN THE COMMUNITY

Week 1: Humility

When many people think of being humble, they think that they have to be entirely submissive and think of themselves as worthless. Author C.S. Lewis said, *“True humility is not thinking less of yourself; it is thinking of yourself less.”* That means that a humble person can still be a confident person who is proud of the talents he or she possesses, but a humble person’s focus should be on the well-being of others over the success of self. In fact, it’s important to be proud of what you can do, especially during your teen years when most people are trying to figure out what they’re good at. The key is to take that pride in yourself and turn its focus to serving other people with your talents.

For example, let’s say that you are an amazing singer. You hope to be a professional musician someday, and you love the way a cheering crowd makes you feel. If you are a prideful person, you would do whatever it takes to get into those crowd-filled situations, even if it inconvenienced other people. Prideful you would give up connecting with friends who didn’t share your interests and only interact with people who could help you meet your goals. Prideful you will end up being a lonely person.

On the other hand, the amazing singer you are could choose to be humble. Humble you thinks of ways that you can use your talents to benefit other people. You set up concerts to raise money for the homeless - you still get the thrill of the cheering crowd, but your focus is outside yourself. Humble you connects with people who aren’t musical to help them to find their talents. Humble you will end up with many friends and the respect of everyone who has met you.

Amazingly, thinking of yourself *less* will make make others think *more* of you.

Challenge: Humility

Think of one area of your life that you are particularly proud of. It can be a talent you possess, a physical characteristic, or an element of your personality. Think about ways you could use this area to your own personal benefit - think like a prideful person. Now think of ways you could use this area to benefit other people. **Make a plan to use your talent to help someone you wouldn’t usually help.** Tell your plan to your accountability partner, and check in with each other to make sure you both do your plan. Share your observations afterward.