

# TRUE HUMILITY AS THE FOUNDATION OF TRUE STRENGTH

*“At that time the disciples came to Jesus and asked,  
‘Who is greatest in the kingdom of heaven?’  
He called a little child and set him before them, and said,  
‘I assure you and most solemnly say to you, unless you repent  
[that is, change your inner self—your old way of thinking, live changed lives]  
and become like children [trusting, humble, and forgiving],  
you will never enter the kingdom of heaven.  
Therefore, whoever humbles himself like this child  
is greatest in the kingdom of heaven.’”  
Matthew 18:1-4*

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## **Affliction Brings Humility**

The scriptures carry a recurring theme of those brought low by affliction to be tempered into humility. In Hebrew, ‘humility’ is anavah from the word anav which is related to ani. Ani is conveyed as afflicted. Anav speaks to the character of humility. In Isaiah, Messiah Yeshua is referred to as “afflicted”, ani; one who is brought low. Jesus Yeshua modeled the life of someone who is one with God. He was brought low, afflicted on behalf of humanity and personified humility. He demonstrated this humility by kneeling on the floor and washing His own disciples feet the night before His crucifixion. In this same last supper, He said to His disciples: “Love one another as I have loved you.” What is God conveying to us through this expression of wedding humility, selfless service and unconditional love?

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Let us look at some of God’s teachings on the value and purpose of humility.

## **God Disciplines Those He Loves**

The Torah lays out the spiritual journey to humility.

Deuteronomy 8:2-3 declares: *“And you shall remember [always] all the ways which the Lord your God has led you these forty years in the wilderness, so that He might humble you and test you, to know what was in your heart (mind), whether you would keep His commandments or not. He humbled you and allowed you to be hungry and fed you with manna, [a substance] which you did not know, nor did your fathers know, so that*

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*He might make you understand [by personal experience] that man does not live by bread alone, but man lives by every word that proceeds out of the mouth of the Lord.”*

God disciplines by pruning our lives, pruning our ego, pruning us of programs, strongholds, etc. (John 15). God disciplines those He loves (Hebrews 12:6). This emptying out is a journey of tests and tribulations. Humbling is a process of shedding all that stands in the way of having a true and deep relationship with God Adonai. *“If you love God, you will obey His commandments.”*

When we love our ego, our constructs, our beliefs, our prejudices, our stances, our pride, where is the room for loving God? How well can we love anyone or God when our being is so crowded with the affairs of our ego? Now we start to understand why emptying out is a part of humility which then enables us to truly love God. Loving God, it becomes more natural and easy to obey, heed, His commandments. When you love someone, you naturally want to please them and do right by them. This becomes sanctified living.

## **Humility Makes Way for Grace**

In this sanctified way of living, God brings us to His Goshen, “a good land”, as we see in this passage of scripture.

*Therefore, know in your heart (be fully cognizant) that the Lord your God disciplines and instructs you just as a man disciplines and instructs his son.*

*Therefore, you shall keep the commandments of the Lord your God, to walk [that is, to live each and every day] in His ways and fear [and worship] Him [with awe-filled reverence and profound respect].*

*For the Lord your God is bringing you into a good land, a land of brooks of water, of fountains and springs, flowing forth in valleys and hills;*

*Deuteronomy 8:5-7*

## **Humility Grows Our Capacity to Love**

Living in God’s Torah, keeps us in the shelter of and in union with God’s love. John 15:10 says: *“If you keep My commandments and obey My teaching, you will remain in My love, just as I have kept My Father’s commandments and remain in His love.”*

John 15:12 brings the ultimate gift of humility: to be able to love unconditionally and unselfishly, as He, Yeshua loves us. *“This is My commandment, that you love and unselfishly seek the best for one another, just as I have loved you.”*

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## Humility Lifts Us Up

Apostle Peter explains that the benefit and value of being truly humble is that now God will lift us up. It's easier to pick someone up when they are lighter. To where is God lifting us? Lifting us above our cares, our problems. There is a grace in that place.

*“Therefore you must now be humble under the powerful hand of God,  
so that He could lift you up in time,  
immediately casting your every care upon Him,  
because He cares about you.”*

1 Peter 5:6-7

## Humility Brings Wisdom

The book that is most prolific regarding humility is the Book of Proverbs, a collection of wisdom sayings by King Solomon. This tells us that true humility and wisdom go hand in hand.

The journey to true humility is often a rough and painful one. But the good news is that once we empty of the negative ego traits, God will fill us up to overflowing with His gracious spirit. It is always important to ASK Him to do so. God respects our free will. Any healing, deliverance or release of any kind should be followed by asking God to fill You with His love, His grace, His oil of joy, His blessings. True humility is freedom from bondage.

***True humility is freedom from bondage.***

When we have been through a season or journey of being humbled, it can feel like a new creation in Christ has been birthed. Humility is the fruit of and an expression of re-birth. Humility washes us clean. Humility brings us new, fresh eyes to see and ears to hear. We have a new and deeper perception and understanding of things, people and situations.

## **Egoism Divides. Humility Unites.**

God's Word is filled with His desire for our unity in the faith. Any good father wants his sons and daughters to love and support one another. That doesn't mean there are no differences in views or opinions or tastes. In true humility, we still possess and express our uniqueness as God created; but when ego has been refined in the holy fire of God, it can love and accept differences without discord, criticism or judgementalness.

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## The Path to Humility

1. Tests/Trials/Tribulations/Afflicted, (Deuteronomy 8:2-3 ), which leads to
2. Discipline/Pruning, (Deuteronomy 8:5), which leads to ...
3. Humility, (1 Peter 5:6-7 ) which engenders ...
4. Obedience to God's Law, (Deuteronomy 8:6), which opens us to ...
5. Live in God's Love, (John 15:10), which leads us to ...
6. Live in God's Grace, ((Deuteronomy 8:7; ), which naturally unfolds in our heart ...
7. Unconditional, Unselfish Love, ("Love does not boast", 1 Corinthians 13:4; John 15:12), which brings us to ...
8. The Kingdom of Heaven ("Therefore, whoever humbles himself like this child is greatest in the kingdom of heaven." Matthew 18:4)

***"Let another man praise you and not your own mouth,  
a stranger and not your own lips."***

Proverbs 27:2

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## **Courts of Heaven Protocol to Cultivate Humility as the Foundation of True Strength.**

This is constructed as a protocol going before God's Throne of Mercy and Grace in the Courts of Heaven. The adversary operates through legality, which is why we go to God's Court. We repent and plead guilty for all transgressions in order to remove any legal cases the enemy is using against us. We then ask God to pass judgements on our behalf.

**NOTE:** Before you go into the Courts of Heaven, take the time to identify your petitions and purposes, what in your life requires repentance. Ask the Holy Spirit to reveal to you these things before you go in to the Courts of Heaven. Often times, when you are in the Courts of Heaven, the Holy Spirit will bring other things to mind.

### **1. Opening Protocol in the Courts of Heaven.**

Lord God Adonai, I come before Your Court of Mercy and Grace and ask that the courts be seated and the books be opened, according to Daniel 7:10. I ask for the Holy Spirit and the Lord Jesus Christ Yeshua to be my Holy Advocates to represent me in Your Court. I give them full permission to speak and petition on my behalf. I loose

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the Blood of Jesus Yeshua over myself so that satan and his minions and cohorts have no access to me. Lord God Adonai, I come into Your Court right now and I thank You for this privilege, this blessing and for Your mercy.

On the basis of the shed Blood of Jesus Yeshua I come to seek support to be in true humility as the foundation of true strength. I come to receive full deliverance from all curses, strongholds and spirits that are inhibiting true humility, including those of pride, hubris, haughtiness, arrogance, superiority, bragging, boasting, showmanship, controlling, power hungry, overly ambitious; elements that have plagued my life and my lineage and fostered traits that are the antithesis of humility. I have come to take full responsibility for them on behalf of myself and my bloodline; and to repent and plead guilty for all the actions of my lineage that have caused, fed and perpetuated unhealthy ego expressions.

I understand that curses, strongholds and demons exist and continue to wreak havoc on account of my behavior, actions and choices; as well as those of my family lineage both living and deceased. I come before You Lord God Adonai, Just Judge, to seek mercy on account of the atoning Blood of Jesus Yeshua and on account of Your love for me as Your son/daughter. I commit to turning over a new leaf, as true repentance means a turning away from, leaving behind wrong behavior, thinking and values, and turning towards and into Your light. I am becoming a new creation in Christ Jesus Yeshua, according to 2 Corinthians 5:17.

I ask Lord God Adonai that You release Your Notification Angels, Enforcement Angels and Hosts of Heaven to all humans and non-humans who will be affected by Your Court decisions, to duly inform them of and immediately enforce all of Your decisions and judgements in my case today.

## **2. Renounce & Repent to Remove All Legal Access.**

Lord God Adonai I seek removal of all legal cases that the enemy has been holding over my life and my bloodline, that have enabled and allowed curses, strongholds and various spirits to operate in my life on account of hubris and other egoic traits and habits. I now realize that indulging in certain character traits, flaws and habits has actually kept them alive and successful in sabotaging and damaging elements of my life and my family lineage. I am ready and want to walk in my fullness as a son/daughter of the Most High God Adonai and as a brother/sister of Messiah Jesus Yeshua, and I ask You to help me to do so.

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I come in the name of Jesus Christ Yeshua to renounce and repent for all the times and ways I and anyone in my lineage has created, perpetuated and allowed entry ways for curses, strongholds, spirits and traits having to do with pride, hubris, haughtiness, arrogance, criticism, competitiveness, judgmentalness, snobbery, arrogance, bragging, boasting, showmanship, social status and social climbing, need for superiority and intellectualism, controlling, power hungry, overly ambitious, holding a grudge, being jealous, envious and vengeful. I hereby release, lay at the feet of Jesus Yeshua, all of these detrimental traits, habits, curses and programs.

I hereby renounce, reject, nullify, forbid and divorce all ungodly, unjust, unrighteous, anti-christ covenants, contracts, oaths, agreements, curses, strongholds that I or anyone in my lineage has made that has kept me from true humility in You. May they fall to the ground dead right now in Jesus Yeshua's name.

### **3. Plead Guilty.**

Lord God Adonai, for everything I have repented and renounced here, I plead guilty on behalf of myself and all of my bloodlines back to Adam and Eve. I present the Blood of the Lamb of God, Jesus Christ Yeshua as atonement, and the Voice of the Blood of Jesus Yeshua which speaks "Tetelestai", "paid in full" to clear these transgressions from my record and the record my entire lineage. Lord God Adonai, I ask for redemption from all curses for which I've repented, by the shed Blood of Jesus Yeshua which breaks EVERY curse according to Galatians 3:13.

Lord God Adonai, let the speaking Blood of Jesus Yeshua revoke, revoke, revoke every judgement against me and my lineage now. Let the atoning Blood of Jesus Yeshua revoke all curses, strongholds and spirits set against me, my life and my family. Silence the enemy from holding and bringing any cases against me because of what the Blood of Jesus speaks, because of the finished work of Jesus Yeshua on the Cross.

Lord God Adonai, I come into agreement with the Blood of Jesus Yeshua that cries for mercy, redemption and forgiveness. Let the Blood of Jesus Yeshua bring me into oneness with You and Jesus Yeshua, one in heart, one in spirit.

### **4. Petitions and Proclamations to Cultivate True Humility.**

Lord God Adonai, as Your son/daughter and as a brother/sister of King Jesus Yeshua, I dedicate and consecrate myself, my life and my lineage to You. I present the following cases for why You should help me to remove all hindrances to my being in true humility

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as the foundation of true strength. These petitions are based upon Your Word, which is the legal document of my Covenant with You.

## **Humility Makes Me Teachable.**

- ◆ Lord God Adonai, I understand that You desire a teachable heart. This is the way to growth and maturity. I ask You to *guide me in being humble in judgment and teach me Your Way of humility*, according to Psalm 25:9.

## **Humbling Makes Me Stronger.**

- ◆ Lord God Adonai, being humbled is usually painful but I recognize its spiritual value. Any remaining leaven of pride, egoism, hubris, need to feel superior, narcissism, stubbornness, rebelliousness, laziness, inattentive, self-centeredness or self-absorption, I lay at the foot of the Cross now. Let this release of remaining leaven be gentle yet thorough.
- ◆ *I cast my burden upon You LORD and I know that You will sustain me. You will never allow the righteous to be moved*, according to Psalm 55:23.
- ◆ I declare Psalm 68:20 that *I am blessed by Adonai, Who daily bears burdens for me, the God of my Deliverance/Salvation. Selah.*

## **Humility and Forgiveness Go Hand in Hand.**

- ◆ Lord God Adonai, I understand that unforgiveness is a barrier to true humility, as is victimhood. Your Word in Matthew 6:14-15 instructs: *“For if you forgive others their trespasses [their reckless and willful sins], your heavenly Father will also forgive you. But if you do not forgive others [nurturing your hurt and anger with the result that it interferes with your relationship with God], then your Father will not forgive your trespasses.”*
- ◆ Therefore, I declare Colossians 3:12 that as a chosen and beloved saint of God, I put on a heart and inner thoughts of compassion, generosity, humility, gentleness, patience, bearing and forgiving others if any would have a complaint against someone: just as the LORD forgives me, so also I choose to forgive.
- ◆ I commit to resisting a common reaction of the proud by *“not paying back evil against evil”*, according to Romans 12:17.

## **Humility Deepens Compassion and Charity.**

- ◆ In Luke Chapter 14, Jesus Yeshua tells the parable about being invited to a feast and advises His disciples to take the least of places, because *‘everyone who exalts himself will be humbled and the one who humbles himself will be exalted.’*

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- ◆ Lord God Adonai, You teach selfless love and service in Luke 14:13 which shares: *“But when you would make a banquet you must always invite poor, crippled, lame, blind: then you will be blessed because they do not have the means to repay you, for it will be repaid to you in the resurrection of the righteous.”*
- ◆ Lord God Adonai, I now see how compassion feeds humility and humility deepens compassion. Thank you for all the experiences, trials and tribulations that You have given me or allowed, that have deepened and matured my compassion for others, and brought me into deeper true humility. Thank you for all the ways You have been purifying, fine-tuning, maturing and growing my heart, so that I may have the heart of Christ Jesus Yeshua.

### Humility Brings Unity of the Spirit.

- ◆ Lord God Adonai, You have shared from Your heart that You want us, Your children, to have unity in the faith, unity of the spirit. I now understand how true humility is foundational to this unity. We can express uniqueness and enjoy the differences of others while at the same time being One in Your spirit. Pride divides; humility unites.
- ◆ I choose to *walk worthily in the calling to which I have been called, with all humility and gentleness, with patience, and bearing with one another in love, being diligent to keep the unity of the Spirit in the bond of peace; one body and one spirit, just as also I was called in one hope of my calling,* according to Ephesians 4:1-4.
- ◆ Lord God Adonai, I commit to the advise of Apostle Paul in Romans 12:3, 4 & 6 to *not think too highly of myself beyond which is necessary to think, but to think to put a moderate estimate of myself, in the same manner as God divided to each a measure of faith....* I recognize that *we, the many, are one body in Messiah... having different gifts according to the grace given to us; and to see one another as God sees us.”*
- ◆ Lord God Adonai, I embrace Your Word in Romans 12:16 to *be of the same mind with one another, not being proud but yielding to the lowly menial tasks; to not ever become wise in my own estimation.”*

### Humility Brings Grace.

- ◆ Lord God Adonai, I now understand that by emptying out of my own ego and mind attachments, emptying out of beliefs and dogma, emptying out of things that feed my ego of the need to be special or superior, I am making room for more of Your Spirit to take up residence within me. I am making room for more of Your heart to be one with my heart. I now understand that the indwelling spirit grows as the ego



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“I” of me diminishes. With this infilling of Your Spirit, comes Your grace, that aspect of Your Spirit that makes You the doer of my life, not my ego.

- ◆ Now Lord God Adonai, 2 Chronicles 7:14 takes on deeper meaning: *“If My people who are called by My name will humble themselves and pray, and seek My face and turn from their wicked ways, then I shall hear from heaven and will forgive their sin and will heal their land.”*
- ◆ 2 Chronicles 7:15 continues: *“Now My eyes will be open and My ears attentive to the prayer in this place, for now I have chosen and sanctified this House so My name may be there forever and My eyes and My heart will be there perpetually.”*
- ◆ Lord God Adonai, sanctify my home and family. Sanctify this Strike Force of Prayer family. Sanctify my life in joyful service to Your heart.
- ◆ James 4:6 says: *“But He gives us more grace. That is why Scripture says: “God opposes the proud but shows favor to the humble.”*
- ◆ Lord God Adonai, I take hold of James 4:10 that advises: *“Humble yourselves before the Lord, and He will lift you up.”*

## Walk Humbly in Purity.

- ◆ Lord God Adonai, I take hold of Micah 6:8 which says: *“He has shown you, O man, what is good. And what does the LORD require of you, but to do justice, to love lovingkindness, and to walk humbly in purity with your God.”*<sup>1</sup> I choose to walk humbly in purity with You Lord God Adonai.
- ◆ Lord God Adonai, I aspire to the promises of Proverbs 22:4: *“The reward of humility is reverence of the LORD, riches and honor and life.”*

## Humility is the Gateway to True Love.

- ◆ Lord God Adonai, I now comprehend that true humility is the gateway to true love, to truly loving another human being as Jesus Yeshua loves me, as You love me. Ego self-love overshadows and inhibits truly loving another.
- ◆ I declare over myself 1 Corinthians 13:3-7 to help seed it into my very heart and soul: *“If I could give away all of my belongings bit by bit to help the poor and if I should give over my body so that I could boast in it, but I do not have love, I benefit nothing. Love has patience, love is kind, not jealous, love does not boast. It is not proud, it does not dishonor, it does not seek things for itself, it does not become angry, it does not charge evil to another, it does not rejoice over unrighteousness, but rejoices together in truth: it endures all things, it believes all things, it hopes all things, it is steadfast in all things.”*

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<sup>1</sup> From the [One New Man Bible](#). “‘In purity’ is closer to the meaning of *Hatsnea*.”; pg. 799.

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- ◆ What more, Lord God Adonai and dear Jesus Yeshua, could I possibly ask for?  
Halleluia!

## 5. Thanks and Gratitude.

Let this be dedicated time to thank Father God after all of your petitions. You may want to play or sing praise music, or other ways that you express thanks and praise.

- Thank you for Your compassion, mercy and love!
- Thank you God for hearing, receiving and granting all of my petitions!
- Thank you for helping me to walk and live in humility as the foundation for true strength.
- To You alone be all the glory in Heaven and upon the Earth forever and ever!  
AMEN!!!

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*“All of you, clothe yourselves with humility towards one another, because  
God opposes the proud but shows favor to the humble.”*

1 Peter 5:5

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