



Humility: Essential for Transformation

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Growing up I disliked the word humility. For me it meant being weak and being walked all over. Further, my idea of humility meant I could not experience joy in my successes and achievements because that might lead me into “pride.” I have come to realize both these ideas are misguided. In the groups that I facilitate here at Faithful & True we often talk about humility as being essential, not only for sobriety, but for God’s transformational work in our lives.

Cultivating humility begins by realizing your value and the truths about God’s unconditional love for you. We know that often the men and women coming to our center enter our doors for the first time carrying with them a lot of shame. Many are filled with thoughts and experiences that reinforce the idea that they are not enough, they are bad people, and if anyone knew them they would be instantly rejected. It is our great desire that as you participate in the Faithful & True community that your value is just not a thought but that it is validated by experience with others on the same journey.

Humility requires the willingness to recognize and acknowledge our challenges and struggles. Are you ready to seek to understand and identify specifically the whats, hows and why’s of the issues you are facing? Are you prepared to own the consequences of your decisions? These steps are courageous acts that lead to incredible growth.

Humility is also surrendering the idea that I am able to confront those challenges alone apart from God and others. For many, this was a survival response learned early in life and it was effective, for a while. However, at some point, it will become apparent this approach is costly to ourselves and loved ones. Learning to express vulnerabilities and receive support from others is essential in learning intimacy and spiritual growth.

Finally, humility is learning to intentionally think of others. It is the willingness to attend to our spouse’s pain without defensiveness. It is the desire to make amends for the hurt that was caused, it is being responsive to my spouse’s needs not so that I can feel better about myself or in pursuit of my own pleasure, rather my actions toward my spouse come from inner strength that seeks to serve her from a spirit of grace.

In James 4:10 it says: “humble yourselves before the Lord and he will exalt you.” It is the great pleasure of our center when we are invited by our clients to witness that transformation from shame and despair to this place of wisdom, grace, and hope. That journey requires the courage to embrace humility.