



Humility: Embracing Christ's Example Through Women of the Bible



Explore how women in Scripture demonstrate humility as God's cure for pride and learn to choose Christ's example over a narcissistic heart.

Table of contents

<u>Introduction</u>	3
<u>Day 1: 🌿 The Humble Heart of Mary</u>	5
<u>Day 2: 🌸 Hannah: Trusting God in Humble Waiting</u>	11
<u>Day 3: 💧 Ruth: Loyalty Rooted in Humble Devotion</u>	17
<u>Day 4: 👑 Esther: Courage Born From Humble Dependence</u>	23
<u>Day 5: 🌸 The Servant Heart of Martha</u>	29
<u>Day 6: 🌹 The Faith of the Sinful Woman</u>	35
<u>Day 7: ✨ Christ: The Ultimate Example of Humility</u>	41



Introduction

Humility is a powerful spiritual discipline that transforms our hearts and aligns us with God's will. Throughout the Bible, women provide profound examples of what it means to live humbly and rely fully on God—not on their own strength or pride.

In a world that often exalts self-promotion and pride, God's Word calls us to a higher path: to embrace humility as a cure for the narcissistic heart. Women like Mary, Hannah, Ruth, and Esther reveal through their stories how humility opens the door to God's favor, guidance, and blessing.

As we embark on this seven-day study, we will delve into Scripture passages that highlight the value of humility and contrast it with the destructive nature of pride. This study invites you to choose Christ's example over any tendencies toward selfishness or self-exaltation. Christ's humility, shown in His obedience and sacrificial love, serves as the ultimate model.

Each day will focus on different women from the Bible, revealing lessons from their lives which apply to us today. We'll reflect deeply on their choices, struggles, and faith responses in light of humility. Throughout this journey, allow God's Word to convict, encourage, and inspire you to cultivate a humble heart that honors Him.

Let this study be a time of transformation, where you lay down pride and embrace the freedom and peace found only in walking humbly with your



God. May these stories of women woven through Scripture empower and equip you to reflect Christ's humility in every area of your life.





Day 1: 🌿 The Humble Heart of Mary



Day 1: 🌿 The Humble Heart of Mary

Your Verse

Luke 1:46-48 - "And Mary said: 'My soul glorifies the Lord and my spirit rejoices in God my Savior, for he has been mindful of the humble state of his servant...'"

Supporting Scriptures

- *James 4:6 - "God opposes the proud but shows favor to the humble."*
- *Philippians 2:5 - "In your relationships with one another, have the same mindset as Christ Jesus."*



Day 1: 🌿 The Humble Heart of Mary

Devotional: Mary's Heart: Joyful Humility in God's Plan

Mary's response to God's calling exemplifies the heart of true humility.

Despite her youth and the magnitude of God's plan for her life, she accepted her role as the mother of our Savior with awe and submission. Instead of pride or presumptuousness, her Spirit rejoiced because God honored her humble state.

Her declaration, "He has been mindful of the humble state of his servant," reminds us that God lifts up those who willingly lower themselves. Mary acknowledged her nothingness in the grand scheme but also the greatness of God's grace working through her.

Humility is not thinking less of yourself; it is thinking of yourself less and valuing God's purpose above your own ambitions or prideful desires. We can learn from Mary to trust God's plans and embrace our calling with a surrendered and joyful heart.

Choosing humility means aligning with God's perspective rather than our self-centric one. Just like Mary, when we humble ourselves before God and say yes to Him, He can accomplish great things through us.



Day 1: 🌿 The Humble Heart of Mary

Reflect and Apply

1. How do I typically respond when faced with God's call that challenges my plans or comforts?

2. In what ways can I cultivate a heart like Mary's that rejoices in God's will rather than my own desires?

3. Am I willing to embrace humility as God's pathway to blessing and purpose in my life?



Day 1: 🌿 The Humble Heart of Mary

Journaling Prompts

1. Write about a time you had to surrender control to God and how it felt.

2. List qualities of humility you see in Mary and how you can apply them today.

3. Reflect on any prideful attitudes blocking your acceptance of God's plans.



Day 1: 🌿 The Humble Heart of Mary

Prayer for Today

Lord, thank You for Mary's example of humble obedience and trust. Help me to surrender my pride and embrace Your calling with joy and faith. Teach me to seek Your will above my own desires and to find peace in Your plan for my life. May my heart serve as a vessel for Your glory, not my own. Shape me to reflect the humility of Christ each day. *In Jesus' name, Amen.* 🙏🍁👤🍀





Day 2: 🌱 Hannah: Trusting God in Humble Waiting



Day 2: 🌿 Hannah: Trusting God in Humble Waiting

Your Verse

1 Samuel 1:27-28 - "I prayed for this child, and the LORD has granted me what I asked of him. So now I give him to the LORD. For his whole life he will be given over to the LORD."

Supporting Scriptures

- *Psalm 34:18 - "The LORD is close to the brokenhearted and saves those who are crushed in spirit."*
- *Proverbs 3:5 - "Trust in the LORD with all your heart and lean not on your own understanding."*



Day 2: 🌱 Hannah: Trusting God in Humble Waiting

Devotional: Hannah's Humble Trust Amid Longing

Hannah's story is one of deep anguish met with humble trust. Though grief over her barrenness could have led her to bitterness or self-pity, she chose to pour out her heart before God in prayer with complete surrender.

Her humility was shown not only in her earnest plea, but in her willingness to dedicate the blessing back to the Lord once received. This act of giving God full ownership of her answered prayer reflects profound faith and obedience.

Waiting humbly on God often means releasing our own timelines and desires to His perfect plan. It can feel painful, but Hannah's example encourages us to trust that God hears our cries and acts in His perfect timing.

Our pride wants instant results and self-sufficiency, yet God's cure to that restlessness is humble trust and dependence. Like Hannah, surrender your hopes and prayers to Him, knowing that His answers align with eternal good even if they differ from your expectations.



Day 2: 🌱 Hannah: Trusting God in Humble Waiting

Reflect and Apply

1. How do I handle seasons of waiting or unanswered prayers in my life?

2. What steps can I take to release control and trust God's timing more fully?

3. Have I experienced ways God has revealed His faithfulness through humble surrender?



Day 2: 🌱 Hannah: Trusting God in Humble Waiting

Journaling Prompts

1. Write about a challenging season where you had to trust God despite uncertainty.

2. Describe what it means for you to 'give your blessings back to God' like Hannah.

3. Reflect on your prayer life: Is it more about requesting or also surrendering?



Day 2: 🌿 Hannah: Trusting God in Humble Waiting

Prayer for Today

Heavenly Father, thank You for teaching me through Hannah that humble trust holds power. Help me to come before You honestly in my pain and longings, and to surrender them with faith. Teach me patience as I wait and obedience as I release my desires to Your perfect plan. May my heart find peace in knowing You are near and faithful. *In Jesus' name, Amen.* 🙏 🌿 🍁





Day 3: 💧 Ruth: Loyalty Rooted in Humble Devotion



Day 3: 💧 Ruth: Loyalty Rooted in Humble Devotion

Your Verse

Ruth 1:16 - "Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God."

Supporting Scriptures

- *Micah 6:8 - "What does the LORD require of you? To act justly and to love mercy and to walk humbly with your God."*
- *Colossians 3:12 - "Clothe yourselves with compassion, kindness, humility, gentleness and patience."*



Day 3: 💧 Ruth: Loyalty Rooted in Humble Devotion

Devotional: Ruth's Loyalty: Humility in Action

Ruth's story reveals a beautiful expression of humility through loyalty and love. As a widow and a foreigner, she could have sought a comfortable life for herself but instead chose to embrace Naomi's people and God's covenant.

This required Ruth to humble herself culturally and emotionally, leaving behind familiar surroundings to walk a path of devotion and trust. Her humble decision opened the door for God's provision and blessing.

True humility often means putting others' needs and God's purposes ahead of our own comfort or recognition. Ruth quietly chose to serve and trust in God's guidance without drawing undue attention to herself.

Through her example, we learn that humility is active, expressed in deeds of faithfulness and selflessness. May we be inspired to live lives marked by humble devotion and kindness, reflecting Christ's heart to those around us.



Reflect and Apply

1. How do I respond when called to serve others sacrificially?

2. What comforts or cultural 'norms' might I need to leave behind to follow God's plan?

3. How can I practice humility daily through compassion, kindness, and patience?



Day 3: 💧 Ruth: Loyalty Rooted in Humble Devotion

Journaling Prompts

1. Write about a time you chose to put someone else's needs before your own.

2. List areas where you feel called to display greater loyalty or faithfulness.

3. Reflect on what humility looks like in your relationships and community.



Day 3: 💧 Ruth: Loyalty Rooted in Humble Devotion

Prayer for Today

Lord God, thank You for Ruth's inspiring example of humble loyalty and devotion. Help me to walk humbly with You, loving others with kindness and faithfulness even when it requires sacrifice. May I trust Your provision as Ruth did and serve without seeking recognition. Teach me to embody Christ's humility in all my relationships. *In Jesus' name, Amen.* ❤️ 🙏 🌱





Day 4: 👑 Esther: Courage Born From Humble Dependence



Day 4: 📖 Esther: Courage Born From Humble Dependence

Your Verse

Esther 4:14 – "And who knows but that you have come to your royal position for such a time as this?"

Supporting Scriptures

- *Psalm 25:9 – "He guides the humble in what is right and teaches them his way."*
- *2 Corinthians 12:9 – "My grace is sufficient for you, for my power is made perfect in weakness."*



Day 4: 📖 Esther: Courage Born From Humble Dependence

Devotional: Esther's Courage: Humble Strength in God's Plan

Esther's story powerfully combines humility with courage and dependence on God. Despite her royal position, she acknowledged her need for God's favor, seeking Him earnestly before risking her life for her people.

Her humility was evident in her willingness to submit to God's will and accept that her influence was part of a greater divine purpose. This humble dependence empowered her boldness.

True courage flows from recognizing our weaknesses and relying on God's strength. Esther's example reminds us that humility is foundational to faith, enabling us to step out boldly when called.

When we adopt Christ's humility and trust God's grace, He can use us uniquely to impact the world around us. Like Esther, our purpose is often tied to God's timing—embracing humility prepares us to answer that call wholeheartedly.



Reflect and Apply

1. In what ways does humility empower courage in your life?

2. Are there moments where pride hinders your dependence on God's grace?

3. How can you prepare your heart to answer God's call for 'such a time as this'?



Day 4: 📖 Esther: Courage Born From Humble Dependence

Journaling Prompts

1. Reflect on a time God gave you courage in a difficult situation.

2. Write prayers asking for humble strength to face current challenges.

3. List ways you can deepen your dependence on God daily.



Day 4: 👑 Esther: Courage Born From Humble Dependence

Prayer for Today

Gracious Father, thank You for the example of Esther who, through humble dependence on You, found strength to be courageous. Teach me to trust Your plan and to seek Your guidance in every decision. Help me to relinquish pride and embrace humility so Your power can be made perfect in my weakness. Prepare me to act boldly when You call. *In Jesus' name, Amen.* 👑 🙏 💪 ✨





Day 5: 🌸 The Servant Heart of Martha



Day 5: 🌸 The Servant Heart of Martha

Your Verse

Luke 10:38-42 - "Martha was distracted by all the preparations that had to be made... But few things are needed—or indeed only one. Mary has chosen what is better..."

Supporting Scriptures

- *Matthew 23:12 - "For those who exalt themselves will be humbled, and those who humble themselves will be exalted."*
- *Galatians 5:22-23 - "The fruit of the Spirit is... gentleness, self-control."*



Day 5: 🌸 The Servant Heart of Martha

Devotional: Martha's Lesson: Humility in Service and Rest

Martha's story challenges us to examine where our humility lies amidst service and busyness. Often our desire to serve or be productive can mask pride, causing distraction and frustration when our efforts go unappreciated.

Jesus gently reminded Martha that humility involves prioritizing presence with Him over striving for recognition or accomplishment. Mary's choice to sit and listen exemplified a humble heart that values relationship above task.

Humility in service means doing our best without demanding praise or allowing worries to steal our joy. It means recognizing that our worth isn't in what we do but who we are in Christ.

Take to heart Jesus' teaching and seek to balance service with rest in His presence. Let humility reshape your motivations and bring peace amid the demands of life.



Day 5: 🌸 The Servant Heart of Martha

Reflect and Apply

1. Do I tend to value activity and recognition over quiet time with God?

2. How can I guard against pride in my service and roles?

3. What does it look like to 'choose what is better' in my daily routine?



Day 5: 🌸 The Servant Heart of Martha

Journaling Prompts

1. Describe how busyness affects your spiritual life and humility.

2. Write about ways to create space for prayer and listening to God.

3. Reflect on your motivations in serving others—are they humble?



Day 5: 🌸 The Servant Heart of Martha

Prayer for Today

Jesus, forgive me when I let busyness overshadow my relationship with You. Teach me to serve with humility, valuing Your presence above all else. Help me rest in Your love and find joy in surrender, not in achievements. May my heart be humble and my service a sweet offering to You. *In Your name, Amen.*





Day 6: 🌹 The Faith of the Sinful Woman



Day 6: 🌹 The Faith of the Sinful Woman

Your Verse

Luke 7:38 - "She stood behind him at his feet, weeping. Then she began to wet his feet with her tears..."

Supporting Scriptures

- *1 Peter 5:6 - "Humble yourselves, therefore, under God's mighty hand..."*
- *Hebrews 4:16 - "Let us then approach God's throne of grace with confidence..."*



Day 6: 🌹 The Faith of the Sinful Woman

Devotional: Humbled by Grace: Faith of the Sinful Woman

The sinful woman who anointed Jesus' feet teaches us about humility born from deep repentance and faith. Her awareness of her failures did not lead her to shame-filled hiding but to open vulnerability and worship at Jesus' feet.

Her acts of weeping, cleansing, and anointing show a heart truly humbled and transformed by grace.

This story invites us to approach God's grace not with pride or self-righteousness but with contrite confidence that invites healing and restoration. Humility breaks down barriers and allows God's love to flow freely.

Let her example inspire you to lay down any pretense and come before God authentically, trusting in His mercy and power to change hearts.



Day 6: 🌹 The Faith of the Sinful Woman

Reflect and Apply

1. How comfortable am I being vulnerable before God with my shortcomings?

2. What fears of judgment might keep me from fully embracing God's grace?

3. How can humility deepen my faith and repentance?



Day 6: 🌹 The Faith of the Sinful Woman

Journaling Prompts

1. Write about a time you experienced God's forgiveness and how it affected you.

2. List ways to cultivate a humble, contrite heart continually.

3. Reflect on barriers you might need to remove to approach God boldly and humbly.



Day 6: 🌹 The Faith of the Sinful Woman

Prayer for Today

Merciful Father, thank You for extending grace to the humble and broken. Help me to come before You without pretense, trusting in Your forgiveness and love. Teach me to shed pride and receive Your healing freely. May my faith be marked by humility and sincere devotion. *In Jesus' name, Amen.* 🙏





Day 7: ✨ Christ: The Ultimate Example of Humility



Day 7: ✨ Christ: The Ultimate Example of Humility

Your Verse

Philippians 2:5-8 - "In your relationships with one another, have the same mindset as Christ Jesus... he humbled himself by becoming obedient to death — even death on a cross!"

Supporting Scriptures

- *Isaiah 53:3 - "He was despised and rejected by mankind, a man of suffering..."*
- *John 13:14 - "Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet."*



Day 7: ✨ Christ: The Ultimate Example of Humility

Devotional: Jesus: Our Model of Perfect Humility

Jesus Christ stands as the perfect model of humility for all women and men. Though fully God, He took on human form, lived simply, served others, and endured suffering and death—all in humble obedience to the Father.

His example challenges us to relinquish pride, selfish ambition, and control, adopting His servant heart.

Humility is not weakness but the strength to place God's will and others' needs before our own. Christ's life and sacrifice teach us that real exaltation comes through lowering ourselves.

As we conclude this study, may you be inspired to choose Christ's example daily—rejecting narcissism and embracing humility that leads to true freedom and blessing.



Day 7: ✨ Christ: The Ultimate Example of Humility

Reflect and Apply

1. What areas of my life need Christ-like humility right now?

2. How does Jesus' humility inspire me to serve others differently?

3. What practical steps can I take to live out this mindset daily?



Day 7: ✨ Christ: The Ultimate Example of Humility

Journaling Prompts

1. Reflect on Christ's humility and how it impacts your view of yourself and others.

2. Write out ways to imitate Christ's servant heart in your family, church, or work.

3. Commit to one specific action for cultivating humility this week.



Day 7: ✨ Christ: The Ultimate Example of Humility

Prayer for Today

Lord Jesus, thank You for Your perfect example of humility and sacrificial love. Help me to deny pride and selfishness and to model Your servant heart. Teach me to obey Your will and serve others with grace and compassion. May Your humility shape every part of my life, leading me closer to You. *Amen.* 🙏





Where God's Word Meets Your Daily Life

A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



What you'll discover when you visit [HolyJot.com](https://www.holyjot.com):



 100k+ Bible Study Plans on every topic of life

 Access studies anytime on your phone, tablet, or computer

 Studies for individuals, families, small groups, and churches

 Secure online journaling — or keep using print for privacy

 A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a [free HolyJot account](#). No spam. No gimmicks. Just God's Word.

Visit Now:

 [www.HolyJot.com](https://www.holyjot.com)

 Scan this QR code to start your next Bible Study today:



 We'd love to hear your story.
Email us at info@holyjot.com.

 Connect with us at:

[Facebook](#) • [Instagram](#) • [YouTube](#) • [TikTok](#)



You are welcome to share this PDF with others.
Please keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.