

HINDRANCES TO LIFE



MANIFESTATIONS OF PRIDE

1. Complaining against or passing judgment on God
2. A lack of gratitude
3. Not spending consistent time with God
4. Anger
5. Seeing yourself as better than others
6. Having an inflated view of your importance, gifts, and abilities
7. Being focused on the lack of your gifts and abilities
8. Perfectionism
9. Talking too much
10. Talking too much about yourself
11. Seeking independence or control
12. Being consumed with what others think of you
13. Being devastated or angered by criticism
14. Being unteachable
15. Being sarcastic, hurtful, or degrading
16. A lack of sacrificial service
17. A lack of compassion
18. Being defensive or blame shifting
19. A lack of admitting when you were wrong
20. A lack of asking forgiveness
21. A lack of prayer
22. Resisting authority or being disrespectful
23. Voicing preferences or opinions when not asked
24. Minimizing your own sin and shortcomings
25. Maximizing others' sin and shortcomings
26. Being impatient or irritable with others
27. Being jealous or envious
28. Being deceitful by covering up sins, faults, and mistakes
29. Using attention-getting tactics
30. Being resistant to close relationships

MANIFESTATIONS OF HUMILITY

1. Recognizing and trusting God's character
2. Seeing yourself as having no right to question or judge an almighty and perfect God
3. Spending consistent time alone with God
4. Prayer
5. Spending time acknowledging God's undeserved grace and goodness
6. Being thankful and grateful in general towards others
7. Being honest with others about your sin
8. Verbally affirming the good you see in others
9. Consistently encouraging other people
10. Being gentle and patient
11. Seeing yourself as no better than others
12. Having an accurate view of your gifts and abilities
13. Being a good listener
14. Talking about others only if it is good or for their good
15. Being gladly submissive and obedient to those in authority
16. Putting others' needs above your own
17. Being thankful for criticism and reproof
18. Having a teachable spirit
19. Seeking always to build up others
20. Actively seeking to serve other people
21. A quickness in admitting when you were wrong
22. A quickness in granting and asking for forgiveness
23. Repenting of sin consistently
24. Minimizing others' sin and shortcomings in comparison to your own
25. Being genuinely glad for others
26. Being honest and open about who you are in areas in which you need to grow
27. Possessing close relationships

Adapted from: "From Pride to Humility" by Stuart Scott (Focus Publishing, 2002)