Pride & Humility Test

“There is nothing into which the heart of man so easily falls as pride, and yet there is no vice which is more frequently, more emphatically, and more eloquently condemned in Scripture.” (C.H. Spurgeon)

The purpose of this test is to help see where pride or humility exists in your life.

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Definition of pride: the mindset of self (opposite of a servant); a focus on self and the service of self, a pursuit of self-recognition and self-exaltation and a desire to control and use all things for self.

Rate the following statements about yourself with the following scale:

0 – this is not an issue in my life.
1 – this is seldom an issue in my life.
2 – this is sometimes an issue in my life.
3 – this is often an issue in my life.
4 – this is a major issue in my life.
5 – this is a life-dominating issue in my life.

_____1. Complaining against or passing judgment on God.
   - “Look at what God has done to me after all I have done for Him!”
   - Num 14:1-4, 9, 11; Romans 9:20

_____2. A lack of gratitude/thankfulness.
   - Typically critical, discontent, and complains.
   - “I deserve better” type of attitude.
   - 2 Chron 32:25

_____3. Angry.
   - Outbursts of anger, withdrawn, pouts, easily frustrated, moody.
   - “My rights/expectations are not being met!”
   - Matt 20:1-16

_____4. Seeing yourself better than others.
   - Looking down on others; easily disgusted; intolerant of other’s preferences.
   - Luke 7:36-50
5. Having an inflated view of your importance, gifts, and abilities.
   - A legend in your own mind; right about everything.
   - 1 Cor 4:7

6. Being focused on the lack of your gifts and abilities.
   - Always down on self; “woe-is-me” attitude; desires to be adored.
   - 1 Cor 12:14-25

7. Perfectionism.
   - Strive to be perfect in everything or in nothing.
   - Matt 23:24-28

8. Talking too much.
   - “What I have to say is more important than what you have to say.”
   - Prov 10:19

   - All conversations center on self; self-accomplishment & self-quality.
   - Prov 27:2; Gal 6:3

10. Seeking independence or control.
    - Difficult working with others, or being under authority.
    - “I don’t need anyone! I don’t need accountability!”
    - Rigid, stubborn, headstrong, “It’s-my-way-or-the-highway” attitude.
    - 1 Cor 1:10-13; Eph 5:21

    - Base decisions on what others might think; on a continual pursuit of gaining approval and esteem from others. A people-pleaser.
    - Gal 1:10

12. Being devastated or angered by criticism.
    - Don’t want anyone pointing out weaknesses; cannot bear that they are not perfect.
    - Prov 13:1

    - Know-it-all; have no reason to learn from someone else.
    - Prov 19:20; John 9:13-34
14. Being sarcastic, hurtful, or degrading.
   - Belittle others through humor, then excuse their behavior by saying, “that is just the way I am; I’m a sarcastic person.”
   - Prov 12:18, 23

15. A lack of serving others.
   - Rarely thinks of others.
   - If serving it's because they “have to,” but don’t want to continue if there is no praise.
   - Gal 5:13; Eph 2:10

16. A lack of compassion.
   - Rarely concerned for others and their concerns; cannot see past their own desires.
   - Could care less about praying for others.
   - Matt 5:7; 18:23-35

17. Being defensive or blame-shifting.
   - Problems are rarely their fault; quick to shift blame to others.
   - Easily explains away their sin.
   - Gen 3:12-13; Prov 12:1

18. A lack of admitting when you are wrong.
   - King of excuses – “I was tired; I had a bad day; I’m just a late-person.”
   - Prov 10:17

19. A lack of asking forgiveness.
   - Rarely admits sin or asks forgiveness.
   - Either blind to their sin, or too proud to stand before someone to ask forgiveness.
   - Matt 5:23-24

20. A lack of Biblical prayer.
   - Prays very little; prayers are focused on self, not others or God.
   - Luke 18:10-14

21. Resisting authority or being disrespectful.
   - Hates being told what to do.
   - 1 Peter 2:13-17
22. Voicing preferences or opinions without being asked.
   - Gives preference or opinions on issue whether or not they were asked.
   - Phil 2:1-4

23. Minimizes own sin and shortcomings.
   - Belief that their sin is not a big deal.
   - Matt 7:3-5

24. Maximizing others’ sin and shortcomings.
   - Sees clearly the problems in others and brings attention to those problems, typically through gossip although sometimes public.
   - Matt 7:3-5; Luke 18:9-14

25. Being impatient or irritable with others.
   - Often inflexible concerning their opinions; become angry when others interfere with their schedule or plans.
   - Eph 4:31-32

26. Being jealous or envious.
   - Have a hard time being glad for others’ successes or blessings.
   - 1 Cor 13:4

27. Using others.
   - View others in terms of what they can do for me and my interests.
   - Lack of desire to serve others sacrificially.
   - Matt 7:12; Phil 2:3-4

28. Being deceitful by covering sins, faults, and mistakes.
   - Will do just about anything to keep people from thinking negative about them.
   - Prov 11:3; 28:13

29. Using attention-getting tactics.
   - Draw attention to self through dress, bizarre behavior, rebellion, always talking about their problems, etc.
   - 1 Peter 3:3-4

30. Not having close relationships.
   - Very few close relationships; they don’t need other people.
   - Prov 18:1-2; Heb 10:24-25
How many 3s, 4s, and 5s do you have? It is common for everyone to have some 1s and 2s in the list, but evaluating the list should give you a pretty good idea of where to start concentrating your efforts to become more Christlike in your life. Look up the reference verse for each point to see what God has to say about these character qualities. These are the attitudes you want to put off.

**PICTURE OF PRIDE**

*Taken from Stuart Scott, "From Pride to Humility" (Bemidji, MN: Focus Publishing, 2002), 11.*
**Definition of humility:** the mindset of Christ (a servant); a focus on God and others, a pursuit of the recognition and exaltation of God, and a desire to glorify and please God in all things and by all things He has given.

Rate the following statements about yourself with the following scale:
0 – this is **not** present in my life at this time.
1 – this is **seldom** present in my life at this time.
2 – this is **sometimes** present in my life at this time.
3 – this is **often** present in my life at this time.
4 – this is **regularly** present in my life at this time.
5 – this is a **predominately** present in my life at this time.

_____ 1. **Recognizing and trust God’s character.**
- Acknowledges who God is and trusts God’s ways, that what God does is always good.
- Ps 119:66

_____ 2. **Have no right to question or judge an almighty, perfect God.**
- “God is Creator; I am His creation.”
- Sees God as perfect and all-wise and does what He pleases, which is best.
- Ps 145:17; Rom 9:19-23

_____ 3. **Focusing on Christ.**
- “Christ is my life. No other person or thing do I need.”
- Phil 1:21; Heb 12:1-2

_____ 4. **Consistently praying Biblically.**
- “I see myself as totally dependent upon God to live life. Because I am needy, I pray often.”
- 1 Thess 5:17; 1 Tim 2:1-2

_____ 5. **Being overwhelmed with God’s undeserved grace and goodness.**
- “I only deserve Hell, and so anything else from God makes me extremely thankful; especially forgiveness of sins.”
- Ps 116:12-19

_____ 6. **Being thankful and grateful in general toward others.**
- “I thank God and others often. I expect nothing, but when I do receive something, I express gratitude.”
- 1 Thess 5:18
   - Not focused on self and what they need, so they are willing to wait; not easily irritated.
   - Col 3:12-14

8. Seeing self as no better than others.
   - “I am a sinner like everyone else. And if it were not for God’s grace, then I would be the worst of sinners.”
   - Rom 12:16; Eph 3:8

9. Having an accurate view of gifts and abilities.
   - “I do not exaggerate my abilities, nor am I depressed that others have abilities that I really want.”
   - Rom 12:3

10. Being a good listener.
    - Considering what others have to say as more important.
    - Taking interest in others by asking questions and listening.
    - James 1:19; Phil 2:3-4

11. Talking about others only if it is good or for their good.
    - “I speak well of others, not negatively or gossip. When I do speak negatively, it is only to help that person.”
    - Prov 11:13

12. Being gladly submissive and obedient to those in authority.
    - “I desire to be obedient to God and to those He has placed in authority over me (like parents, teachers, boss, pastors).”
    - Rom 12:1-2; 13:1-2

13. Preferring others over self.
    - “I put others before me without first considering my own rights.”
    - Rom 12:10

    - “I value rebukes about my sin and faults, because God may be teaching me through this criticism.”
    - Prov 9:8; 27:5-6
15. Having a teachable spirit.
   - “I don’t know everything, and might be wrong about what I know.”
   - “I have many people I admire and respect because they teach me.”
   - 1 Cor 4:7

16. Seeking to build up others.
   - “I use my words to build up, encourage, never to cut people down.”
   - Eph 4:29

17. Serving.
   - “I look out for ways to serve/assist people. I want to be the first to volunteer for jobs no one else wants, if I can help.”
   - Gal 5:13

18. A quickness in admitting when behaving wrong.
   - “I have no problem saying, ‘I was wrong. You are right. Thank you for telling me the truth.’”
   - Prov 29:23

19. A quickness in granting and asking for forgiveness.
   - “I am eager to forgive because I have been forgiven by God.”
   - “I am eager to ask forgiveness because I want to be at peace with others.”
   - Col 3:12-13

20. Repenting of sin as a way of life.
   - “I ask God daily for forgiveness and work toward putting off sin.”
   - 1 John 1:9; 1 Tim 4:7-9

21. Minimizing other’s sins or shortcomings in comparison to your own.
   - “My sin is more important for me to deal with than for me to think about or deal with others’ sins.”
   - Matt 7:3-4

22. Being genuinely glad for others.
   - “I rejoice when good happens to others, because God is good!”
   - Rom 12:15
23. **Being open and honest about the areas in which they need growth.**

- “I ask for help and accountability in my walk with Christ. I need other Christians (the church) for my spiritual growth to happen.”
- Phil 3:12-14; Heb 10:19-25

24. **Possessing close relationships.**

- “I have friends and loved ones because I am friendly and love others.”
- “I am willing to ask for help with burdens/difficulties/problems.”
- Acts 20:31-38

Consider how many 0s, 1s, and 2s you have noted. These are the attitudes you want to put on if you desire to be more like Christ in your daily life. Again, look up the Scripture references to help you clearly understand each attitude of humility.
HOW TO GET FROM PRIDE TO HUMILITY?

Taken from Stuart Scott, "From Pride to Humility" (Bemidji, MN: Focus Publishing, 2002), 22.

6 [God] gives a greater grace. Therefore it says, ‘God is opposed to the proud, but gives grace to the humble.’

7 Submit therefore to God. Resist the devil and he will flee from you.

8 Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded.

9 Be miserable and mourn and weep; let your laughter be turned into mourning and your joy to gloom.

10 Humble yourselves in the presence of the Lord, and He will exalt you.”

In other words:
Don’t mess around with pride and certainly do not make a joke out of it. Actively fight with God against your pride and live with a humble-joy that sees yourself blessed to know God, be known by Him, and can serve Him by serving others.

Isaiah 57:15
“For thus says the high and exalted One
Who lives forever, whose name is Holy,
‘I dwell on a high and holy place,
And also with the contrite and lowly of spirit
In order to revive the spirit of the lowly
And to revive the heart of the contrite.””