

 WisdomGuru Episode: Humility — The Anchor of Compassion

Welcome to *WisdomGuru*—
where the hard things of life meet the light of God's love.
Here, we talk honestly, heal deeply,
and remember—
even in the pain, there is always grace.

Hello friends, this is Beth, and welcome back to *WisdomGuru*.

Over the past few episodes, we've been exploring some really tender themes — compassion, kindness, forgiveness, and learning to see others through the lens of God's love. Today, I want to bring it all together with something that really sits at the heart of it all: humility.

Now, humility can feel like a heavy word, can't it? Sometimes we think it means being small, or silencing ourselves, or giving until there's nothing left. But that's not what God asks of us. In Philippians 2, Paul talks about Jesus, who, though He was equal with God, chose to lay down His rights and become a servant. Not because He was weak, but because His love was so strong.

I'll be honest with you — this has been such a real wrestle in my life. I used to be the over-giver, always showing up, always pouring out, often from a place of wanting to be accepted. And now, I've stepped into a healthier, higher version of myself — one with boundaries, one who no longer people-pleases — and yet God still calls me to serve. That tension? It's real.

I think so many of us wrestle with humility because we think it means erasing ourselves or always putting everyone else first. But what I'm learning, and what I want to share with you today, is that humility is something very different.

Humility isn't about losing who we are. Philippians 2 reminds us that Jesus, though equal with God, chose to take the form of a servant. He didn't lose His identity. He chose love. And that, I think, is the heart of humility: choosing love over self-interest, freely and intentionally, from a place of fullness.

This is different from people-pleasing. People-pleasing comes from insecurity; it's giving to get approval or acceptance. True humility is giving from security, from knowing that you are already deeply loved by God. That shift changes everything.

And boundaries? They are holy. Jesus Himself withdrew to pray, rested, and sometimes said no. Humility doesn't demand exhaustion. It's about alignment

with God's love. Sometimes the humblest, most loving thing we can do is step back, refill, and let God guide our giving.

When we serve from overflow rather than deficit, it changes the way love flows through us. Imagine a vessel filled with living water. When we people-please, we empty ourselves. But when we allow God to refill us, our giving becomes light and life-giving. We pour out love freely without losing our vitality.

Take a moment with me now and just reflect. Where have you been over-giving from emptiness? Where have you pulled back in fear when God was nudging you to pour out? What would it look like to give from overflow instead of deficit? Just asking these questions is a humble act. It's recognizing that we can't do this perfectly, but we can lean on God to guide us.

Here's something that's really helped me in my own life. When I'm not sure whether it's time to pour out or withdraw, I pause and breathe. I ask God to show me the way. I check in: Am I empty, or am I full? Is this really mine to carry? And if I find I'm empty, I step back to rest and let God refill me. But if I'm full, I let God flow through me, letting that love reach others.

I also love using what I call a one-breath prayer. You can do this anytime, anywhere. Inhale and think, 'Fill me, Lord.' Exhale, 'Flow through me.' Sometimes I say it like, 'I receive... I release,' or 'Spirit, renew me... Spirit, use me,' or even, 'I rest in You... I rise for You.' These little practices help me check in with God quickly and know whether it's time to protect my energy or to give from a place of fullness.

Humility isn't about trying harder or giving more than we can. It's trusting God's love to move through us. Both rest and service can be holy when they are Spirit-led.

Let's close with a moment of stillness. Place one hand on your heart, and join me in this prayer.

Lord, we thank You for showing us the way of humility — not as weakness, but as the deep strength of love. Teach us to serve without erasing ourselves, to rest without guilt, and to love others without losing sight of who You created us to be. When we are tired, remind us that even Jesus withdrew to be filled again. When we are full, help us pour out freely, without fear of running dry, because Your Spirit is our source. And when we don't know what to do, give us the grace to pause, to breathe, and to hear Your whisper. Lord, fill us... so that Your love may flow through us. We give You our open hands, our open hearts, our open lives. Bless each listener with peace, courage, and a fresh sense of Your nearness. In Jesus' name, amen."

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Thank you for walking this journey with me — through compassion, kindness, forgiveness, and now humility. May you carry these truths into your days like seeds planted deep in your heart, and may God's love be the water that helps them grow."

Thanks for listening. This is WisdomGuru.
Where compassion breaks cycles,
forgiveness sets us free,
and love has the final word.

Until next time, walk in grace.