



When babies in utero are kicking their moms for joy, something's up.

Where does the exuberant joy come from if not their circumstances?

People don't function like we often think.
 ESP examples:
 • Gullible humans can do more harm than good
 • People do not leave better when taught via their preferred "learning style"
 • "Buckling up your seat belt is good for you"
 • Not every thinking you what you want
 • Visualizing and fantasizing about future success doesn't always materialize
 • One's tendency to use feedback and self-critique may be counterproductive
 • Understanding others' values, cultures, practices, etc. is very specific and all-encompassing

One of the worst ("first stage thinking" folks):

Happy people have "high self-esteem" and are personally ascribed.

(It depends on what kind of concern and what sort of assessment.)

Exuberant joy is found (paradoxically) in humility

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Luke 1:26 "The angel went to her and said, 'Greetings to you who are highly favored! The Lord is with you.'"

God favors the humble

The humble favor God

Does it go further back?

God's full-crown blessing (1st Luke 1:47) "This is of the Holy Spirit and of the power of the Most High."
 He has been rebuffed (1st Luke 1:48) "He has done great things for me."
 He has performed mighty deeds (1st Luke 1:49) "His arm is extended to break."
 He has done great things (1st Luke 1:50) "His name is great and his name is exalted."
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Why do we love humility so much?

None of these things were done by Mary. Finding more was done by us. There is more joy in appreciation than even achievement. For the humble, they are the more engaged.

Finding humility...for our inmost thoughts

Luke 1:31-33
 You will be with child and give birth to a son, and you are to give him the name Jesus. He will be great and will be called the Son of the Most High. The Lord God will give him the throne of David.
 (Detailed explanation of the text follows)

2 Samuel 7:16
 After you die, your name will not end with your father. I will raise up your offspring to succeed you, who will have your name and will be called the Son of David. I will establish your kingdom, and you will be great and will be called the Son of David. I will raise up your offspring to succeed you, who will have your name and will be called the Son of David. I will establish your kingdom, and you will be great and will be called the Son of David.

The second David will make us humble... and joyful



SONGS *of the*
MESSIAH

People don't function like we often think

PSY examples:

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for joy, something's up.

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their circumstances?

People don't function like we often think.

PSY examples:

- **Self-help mantras can do more harm than good**
- **People do not learn better when taught via their preferred "learning style"**
- **"Bottling up your anger is good for you"**
- Your eyes are telling you what you smell
- Visualizing and fantasizing about future success diminishes motivation
- Brainstorming is an ineffective and inefficient way to come up with and develop ideas
- Multitasking doesn't work, unless you train for a very specific set of multiple tasks

One of the worst ("first stage thinking" fallacies):

**Happy people have "high self-esteems"
and are personally assertive.**

(It depends on what *kind* of esteem and what *sort* of assertiveness.)



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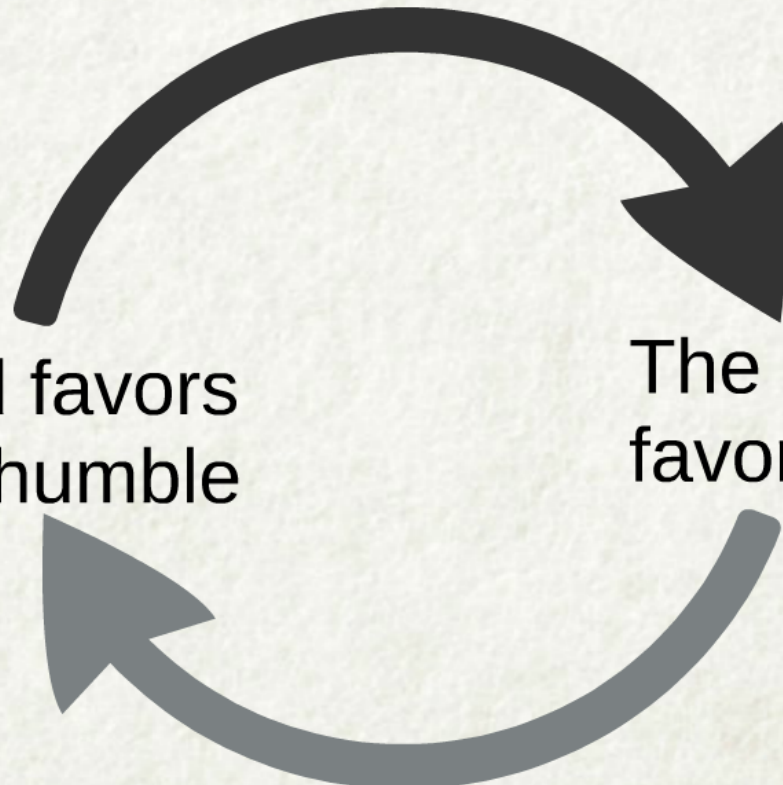


God opposes the proud of estate
Lullie 1:11
The Lord will oppose the proud of estate
of their earthly things
Lullie 1:12
The Lord will oppose the proud of estate
of their earthly things

So how do you find a
humble STATE whatever
your ESTATE?

Luke 1:28 "the angel went to her and said, "Greetings to you who are highly favored! The Lord is with you."

God favors the humble



The humble favor God

Steps to a humble state:

1. Give One's self credit
2. Admit that I depend on you
3. Recognizing that about 4
4. enjoy it.

(What do I gain in 2 weeks?)

God's full credit (enjoy it):
Luke 1:47 "My soul glorifies the Lord...my spirit rejoices in God my savior..."

He has been mindful of me
He has done great things for me
His mercy extends to those who fear him
He has performed mighty deeds
He has scattered the proud
He has brought down rulers
He has lifted the humble
He has filled the hungry
He has sent the rich away empty
He has helped Israel
He remembers to be merciful
He has kept his word to Abraham.

Why do we fear humility so much?

Humility develops in
the heart
Humility requires us
to be honest about our weaknesses
and to be open to receiving help
from others.

None of these things were done by Mary.

Nothing more was done by us.

There is more joy in appreciation than even achievement

(for the humble, they are the same enjoyment)

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1. Give God his full credit
2. Accept that it demotes you
3. Stop being mad about it
4. enjoy it.

(Then do it again in 2 minutes)

The humble
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Why do we fear humility so much?

Humility diminishes us
(in our eyes)

Old course, but our actions, intentions, and goals.

It's like the conventional view of humility.

It's not about the end, but the journey.

Humility obligates us

Luke 1:33

"The Son will sit on his seat. You shall sit on

the throne of David. The Son will sit on the throne of David.

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Luke 1:50
"...his mercy extends to all who fear him."

State
vs
Estate

(ESV) Luke 1:48 "for he has looked on the humble estate of his servant. For behold, from now on all generations will call me blessed!"



Luke 1:28 "the angel went to her and said, "Greetings to you who are highly favored! The Lord is with you."

God opposes the proud of state
(which is more tempting in high estate)

Luke 1:51
"He has scattered those who are proud in their inmost thoughts"

Proverbs 3:34
"Towards the scornful he is scornful"

1 Peter 5:5, James 4:6

Luke 1:52
He has brought down rulers from their thrones but has lifted up the humble.

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Old coin, broken, but accurate, honest, and glib.

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Humility diminishes us
(in our eyes)

God overshadows our accomplishments and gifts.

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Humility obligates us

Luke 1:28
"The angel went to her and said, 'Greetings to you who are highly favored! The Lord is with you.'
Mary was greatly troubled at his words and wondered what kind of greeting this might be.

"The God that does everything for us, could ask anything of us." - Keller

None of these things were done by Mary.

Nothing more was done by us.

There is more joy in appreciation
than even achievement

*(for the humble, they are
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2 Samuel 7:12-16

When your days are over and you rest with your fathers, I will raise up your offspring to succeed you, who will come from your own body, and I will establish his kingdom. 13 He is the one who will build a house for my Name, and I will establish the throne of his kingdom forever. 14 I will be his father, and he will be my son. When he does wrong, I will punish him with the rod of men, with floggings inflicted by men. 15 But my love will never be taken away from him, as I took it away from Saul, whom I removed from before you. 16 Your house and your kingdom will endure forever before me; your throne will be established forever."

The second David

will make us *humble...*
and *joyful*

(...of state, whatever our estate.)

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