

The Pitfall of Pride

When puffing up backfires, staying humble saves.

Scriptures

Proverbs 18:12
 2 Timothy 3:4
 Proverbs 13:10
 Proverbs 11:2
 Proverbs 29:23
 Matthew 11:29
 1 Peter 5:6
 Luke 6:46-49
 Proverbs 22:4
 Colossians 3:12
 Proverbs 17:19
 Matthew 13:49
 1 Timothy 6:3-5
 Psalm 51:16
 Acts 20:19
 Proverbs 21:4
 Matthew 23:12
 Mark 7:21-22
 Luke 3:8
 Luke 18:14
 Psalm 19:13
 Psalm 131:1
 Romans 12:3
 Galatians 5:26
 Galatians 6:4
 Philippians 2:3

Parking lot

Write down distracting thoughts here:



View on web ↗



Settle in

Take a deep breath. Turn off notifications on your phone. Ask God to show you the damage of pride and the joy of humility.



Thought starter

Proverbs 18:12 CEV

Pride leads to destruction; humility leads to honor.

2 Timothy 3:4 CEV

They will be sneaky, reckless, and puffed up with pride. Instead of loving God, they will love pleasure.

The Bible calls pride “an arrogant attitude of self-importance.” In other words, it puffs us up.

🌞 But when you think of a puffer fish, it doesn’t puff up because it’s strong — it puffs up because it’s scared. When it feels threatened, it inflates itself to look bigger, tougher, and more impressive than it really is. But that swollen form is fragile, temporary, and dangerous for the fish itself because it leaves it exhausted and in recovery for hours.

That’s exactly how pride works.

- **Pride inflates you** — you make yourself look bigger, smarter, or more important than you actually feel inside.
- **Pride is a reaction to fear and insecurity** — fear of being wrong, fear of looking weak, fear of being overlooked.
- **Pride is fragile** — the moment someone challenges you, the “inflated” version of yourself is easy to pierce.
- **Pride is unsustainable** — you can’t stay puffed up forever; eventually you deflate, often painfully.

Humility, on the other hand, is like the fish in its normal state — steady, grounded, and safe. It doesn’t need to inflate to survive. Humility doesn’t inflate; it anchors. And the one who stays grounded is the one who stays safe.

Here’s what we’ll learn in this Quick Quiet Time:

Notes:

- Pride hurts our relationships, tires us out, and makes us focused on performance.
- Humility helps us learn, rest, and become strong and secure.
- Humility is the path to staying close to God.

 Pride brings relationship friction; humility brings learning.
Proverbs 13:10 NCV

Pride only leads to arguments, but those who take advice are wise.

Proverbs 11:2 AMP

When pride comes [boiling up with an arrogant attitude of self-importance], then come dishonor and shame, But with the humble [the teachable who have been chiseled by trial and who have learned to walk humbly with God] there is wisdom and soundness of mind.

Proverbs 29:23 GW

A person's pride will humiliate him, but a humble spirit gains honor.

A proud heart always has to be right, which creates constant drama and argument. Humility doesn't panic when it gets corrected; it listens, learns, and brings peace into a room. It's not anxiously striving to look good or get ahead.

 Metaphor moment

Pride is like static electricity. Everywhere it walks, it creates friction, throws sparks, and zaps people because it constantly needs to prove a point. Humility acts like opening a window in a stuffy room—it clears the air, cools off tempers, and lets fresh wisdom in.

 Pride brings relationship friction; humility brings learning.
Matthew 11:29 NIV

Become my servants and learn from me. I am gentle and free of pride. You will find rest for your souls.

Pride forces you to constantly perform, manage your image, and pretend you have everything under control. Jesus calls us to drop the act so we can finally catch our breath.

 Metaphor moment

Living in pride is like wearing a 100-pound suit of heavy metal armor everywhere you go. You're always exhausted because you're constantly defending your ego or position and guarding yourself against looking weak.

Notes:

Humility lets you take the heavy suit off and finally breathe easily — like a breath of fresh air in the room.

**Pride is obsessed with the spotlight; humility trusts God.****1 Peter 5:6 AMP**

Therefore humble yourselves under the mighty hand of God [set aside self-righteous pride], so that He may exalt you [to a place of honor in His service] at the appropriate time...

When you try to promote yourself, you end up getting brought low. But when you step back and trust God's timing, he makes sure you end up right where you belong.

**Metaphor moment**

Pride is like shoving people out of the way to jump onto the middle of a stage and demand the spotlight. But God isn't looking for a solo act. When you voluntarily step off the stage, God takes you by the hand and places you in a much better spot.

**Reflect**

- Where in your life are you wearing "heavy armor" — trying to protect your image, win every argument, or prove you are always right?
- Think of a recent argument or point of friction in a relationship. How might taking advice or letting go of the need to win or be right change the outcome?
- What is one specific area (school, sports, friendships, family) where you can step off the stage this week and let God take control or highlight someone else?

**Pride makes us insecure; humility makes us unshakeable.****1 Peter 5:6 AMP**

What good is it to mouth the words, "Lord! Lord!" if you don't live by My teachings? [47] What matters is that you come to Me, hear My words, and actually live by them. [48] If you do that, you'll be like the man who wanted to build a sturdy house. He dug down deep and anchored his foundation to solid rock. During a violent storm, the floodwaters slammed against the house, but they couldn't shake it because of solid craftsmanship. [It was built upon rock.] [49] On the other hand, if you hear My teachings but don't put them into practice, you'll be like the careless builder who didn't bother to build a foundation under his house. The floodwaters barely touched that pathetic house, and it crashed in ruins in the mud.

Proverbs 22:4 NIV

Humility is the fear of the Lord; its wages are riches and honor and life.

Notes:

Pride is like a house built on sand. It might look huge and impressive on the outside, but the foundation is completely hollow. The higher you build on yourself, the harder the sudden crash will be. Humility isn't building a tiny, weak house—it's choosing to build on solid rock.

Pride promises success, but it actually guarantees a total collapse. Humility does the exact opposite—it feels risky to step down, but it's the only path to lasting honor.

 Spotting the difference: signs of pride vs. signs of humility**Colossians 3:12 NIV**

You are God's chosen people. You are holy and dearly loved. So put on tender mercy and kindness as if they were your clothes. Don't be proud. Be gentle and patient.

Colossians 3:12 NCV

God has chosen you and made you his holy people. He loves you. So you should always clothe yourselves with mercy, kindness, humility, gentleness, and patience.

The spiritual “clothes” we wear determines the life we end up living. Pride drains, divides, and destroys. Humility restores, unites, and lifts. God already chose us for who we are — he didn't wait for us to be perfect in order to choose us. In the same way, we can choose every day whether we'll wear pride or humility — and only one leads to life.

 Signs of pride:

- You get defensive and argue.
- You emotionally melt down and get puffed up.
- You lack self-awareness and get stubborn.
- You refuse to seek advice and react out of impulse to everything.
- You get very angry and shift blame onto others.

 Signs of humility:

- You seek out advice and listen to feedback.
- You have strong self-awareness and stay emotionally honest.
- You share vulnerably and relate to others with empathy.
- You walk with openness and honesty before God.
- You stay calm when confronted.

 Final thoughts

Humility isn't weakness—it's the true strength that keeps your heart steady when everything else tries to shake it. While pride only puffs you up and leaves you fragile, humility is what actually holds you together, giving you a heart that can rest, listen, and truly grow.

At the end of the day, humility is the very path where God does his best work in us. When you choose to step out of the spotlight and lay down the heavy armor of pride, staying humble is how you stay grounded, safe, and deeply close to him.

Notes:

 Practical tips for choosing humility

Here are additional scriptures to deepen your convictions on pride and humility and give you practical tips for how to choose humility over pride:

 Pride leads to destruction and division.**Proverbs 17:19 AMP**

He who loves transgression loves strife and is quarrelsome; He who [proudly] raises his gate seeks destruction [because of his arrogant pride].

Matthew 13:49 VOICE

That is what the end of time will be like. The heavenly messengers will separate the good from the bad, the righteous from the wicked, the repentant from the prideful, the faithful from the hard-hearted.

1 Timothy 6:3-5 GNT

Whoever teaches a different doctrine and does not agree with the true words of our Lord Jesus Christ and with the teaching of our religion [4] is swollen with pride and knows nothing. He has an unhealthy desire to argue and quarrel about words, and this brings on jealousy, disputes, insults, evil suspicions, [5] and constant arguments from people whose minds do not function and who no longer have the truth. They think that religion is a way to become rich.

 Pride can't be fixed with behavior — it's a matter of the heart.**Psalms 51:16 MSG**

Going through the motions doesn't please you, a flawless performance is nothing to you. I learned God-worship when my pride was shattered. Heart-shattered lives ready for love don't for a moment escape God's notice.

Acts 20:19 NIrV

I served the Lord with tears and without pride. I served him when I was greatly tested. I was tested by the evil plans of the Jews who disagreed with me.

Proverbs 21:4 AMP

Haughty and arrogant eyes and a proud heart, The lamp of the wicked [their self-centered pride], is sin [in the eyes of God].

Notes:

Matthew 23:12 AMPC

Whoever exalts himself [with haughtiness and empty pride] shall be humbled (brought low), and whoever humbles himself [whoever has a modest opinion of himself and behaves accordingly] shall be raised to honor.

Mark 7:21-22 VOICE

It's what grows out of the hearts of people that leads to corruption: evil thoughts, immoral sex, theft, murder, adultery, greed, wicked acts, treachery, sensuality, jealousy, slander, pride, and foolishness.

Luke 3:8 VOICE

Don't just talk of turning to God; you'd better bear the authentic fruit of a changed life. Don't take pride in your religious heritage, saying, "We have Abraham for our father!" Listen-God could turn these rocks into children of Abraham!

Luke 18:14 AMP

I tell you, this man went to his home justified [forgiven of the guilt of sin and placed in right standing with God] rather than the other man; for everyone who exalts himself will be humbled, but he who humbles himself [forsaking self-righteous pride] will be exalted.

🙏 **Prayer helps you identify and get rid of pride.**

Psalms 19:13 NCV

Keep me from the sins of pride; don't let them rule me. Then I can be pure and innocent of the greatest of sins.

Psalms 131:1 GNT

LORD, I have given up my pride and turned away from my arrogance. I am not concerned with great matters or with subjects too difficult for me.

🙏 **Prayer helps you identify and get rid of pride.**

Psalms 19:13 NCV

Keep me from the sins of pride; don't let them rule me. Then I can be pure and innocent of the greatest of sins.

Notes:

Psalms 131:1 GNT

LORD, I have given up my pride and turned away from my arrogance. I am not concerned with great matters or with subjects too difficult for me.

 **Humility looks like being honest, not comparing yourself to others, and being selfless.**

Romans 12:3 NLT

Because of the privilege and authority God has given me, I give each of you this warning: Don't think you are better than you really are. Be honest in your evaluation of yourselves, measuring yourselves by the faith God has given us.

Galatians 5:26 VOICE

This will happen when we set aside our self-interests and work together to create true community instead of a culture consumed by provocation, pride, and envy.

Galatians 6:4 CSB

Let each person examine his own work, and then he can take pride in himself alone, and not compare himself with someone else.

Philippians 2:3 ERV

In whatever you do, don't let selfishness or pride be your guide. Be humble, and honor others more than yourselves.

Share the inspiration!

Save this phone wallpaper and share it with a friend.



Download
wallpapers here