**Toxic Emotions** (Series Graphic)

**Anger**

**Jealousy**

**Temptation**

**Laziness**

**Pride**

(Proverbs 16:18)

“**Pride** goes before **destruction**, a haughty spirit before a **fall**.”

(Proverbs 29:23)

“**Pride** brings a person **low**, but the lowly in spirit gain **honor**.”

(Proverbs 11:2)

“When **pride** comes, then comes **disgrace**, but with **humility** comes **wisdom**.”

(Proverbs 8:13)

"To fear the Lord is to hate evil; **I hate pride and arrogance**, evil behavior and perverse speech."

Often if **pride** is in your **heart**, **insecurity** is in your **soul**.

Pride **blinds you** of your **weaknesses** and to the **strengths** of **others**.

**How pride destroys**: *\*\*Make a list\*\**

1. It **separates** of from God.
2. It **damages** relationships.
3. It leads to **arrogance** and **entitlement**.
4. It prevents **growth** and **learning**.
5. It can lead to other **destructive** behaviors.

**You might be struggling with *PRIDE* if:** *\*\*Make a list\*\**

1. You have a hard time **admitting** when you are **wrong** or **apologizing** when you hurt someone.
2. You often **compare** yourself to others and feel **superior** to them in some way.
3. You tend to **interrupt** or **talk over** others in conversations.
4. You are **defensive** when receiving **feedback or criticism**.
5. You have a hard time **accepting help** from others and prefer to do everything on your own.
6. You are not willing to **listen** to other people's **opinions** and tend to dismiss them.
7. You tend to **take credit** for things that others have done.

**Overcoming pride:**

1. **Acknowledge** that you **struggle** with pride.

(James 5:16)

"Therefore **confess your sins**…so that you may be **healed**."

2.Practice **humility**.

(Proverbs 27:2)

“Let someone else praise you, **and not your own mouth**; an outsider, and not your own lips.”

3. Seek **feedback**.

(1 Peter 5:5)

"In the same way, you who are younger, **submit yourselves to your elders**. All of you, clothe yourselves with **humility** toward one another, because 'God opposes the proud but shows favor to the humble.'"

4. Cultivate **gratitude**.

(Psalm 100:4)

"Enter His gates with **thanksgiving** and his courts with praise; **give thanks** to him and praise His name."

"*Thanksgiving is the language of heaven, and we had better start to learn it if we are not to be strangers there."*

**J.I. Packer**

**5. Learn** from **Jesus**.

(Philippians 2:5-8)

“In your relationships with one another, have the same mindset as Christ Jesus: Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, humble himself by becoming obedient to death—even death on a cross!”

 The essence of following a **servant like Jesus** is to learn how to **serve like Jesus**.

 The **test of servanthood** is in how you **act** when someone **treats you like one**.

 How’s your **pride**?