

## THE 30 FRUITS OF PRIDE<sup>1</sup>

(30 behaviors or attitudes to STOP doing)

Take the “30 Fruits of Pride Challenge”:

- Step 1 Prayerfully study these 30 behaviors and circle the ones that you do most frequently.
- Step 2 Ask a close friend or your spouse to circle any additional fruits they see in your life. (Remember: pride blinds us to its existence!)
- Step 3 Commit your fruits to prayer and memorize the Scripture verses with them for the next 30 days to help you break your sinful habits.

**1. Complaining against or passing judgment on God.** A proud person in a difficult situation thinks “Look what God has done to me after all I have done for Him” (Num. 14:1–4, 9, 11; Rom. 9:20).

**2. A lack of gratitude in general.** Proud people usually think they deserve what is good. The result is they see no reason to be thankful for what they receive. As a matter of fact, they may even complain because they think they deserve better. They tend to be critical, complaining and discontent. The proud person is not in the practice of being thankful toward God and others (II Chron. 32:25).

**3. Anger.** A proud person is often an angry person. One’s anger can include outbursts of anger, withdrawing, pouting or frustration. Such anger is often justified as being “moody”. A person most often becomes angry because his “rights” or expectations are not being met (Matt. 20:1–16).

**4. Seeing yourself as better than others.** A proud person is usually on top looking down on others. He gets easily disgusted and has little tolerance for differences (Luke 7:36–50; 18:9–14; Phil. 2:3).

**5. Having an inflated view of your importance, gifts and abilities.** Many proud people have a wrong perception of themselves. They are a legend in their own mind, but what they really need is a loving dose of reality. They need to hear “What do you have that God didn’t give you?” (1 Cor. 4:7)

**6. Being focused on the lack of your gifts and abilities.** Some proud people may not come across proud at all, because they are always down on themselves. This is still evidence of pride because one is focused on self and wants self to be elevated. Having a “woe is me” attitude is self-pity, which is pride (1 Cor. 12:14–25).

**7. Perfectionism.** People who strive for everything to be perfect often do so for recognition. They may do it so they can feel good about themselves. Whatever the reason, this behavior is very self-serving and proud. The basic problem is making things that are less important, more important (Matt. 23:24–28).

**8. Talking too much.** Proud people who talk too much often do it because they think that what they have to say is more important than what anyone else has to say. When words are many sin is not absent (Prov. 10:19; 17:27–28).

**9. Talking too much about yourself.** Proud people may center on themselves in conversation. Sharing personal accomplishments and good personal qualities with others can be bragging or boasting (Prov. 27:2; Gal. 6:3).

**10. Seeking independence or control.** Some proud people find it extremely difficult to work under someone else or to submit to an authority. They have to be their own boss. They might say “I don’t need anyone telling me what to do”; “I don’t need accountability in my life” or “I know a better way or know more than the person I report to”. Proud people think they are submissive when in reality they only are if others agree with them. Submission only happens when you yield after disagreeing. Proud people are often rigid, stubborn, headstrong and intimidating. (I Cor. 1:10–13; Eph. 5:21).

**11. Being consumed with what others think.** Some proud people are too concerned about the opinion of others. Many of their decisions are based on what others might think. Some are in a continual pursuit of gaining the approval and esteem of others. Focusing on what others think of you or trying to impress others is being a “people-pleaser” instead of a God-pleaser (Gal. 1:10).

**12. Being devastated or angered by criticism.** Proud people usually struggle a great deal with criticism. Such people cannot bear that they are not perfect or have weaknesses because they cannot accept who they really are (Prov. 13:1, 10, 18).

**13. Being unteachable.** Many proud individuals know it all. They are superior. They can’t seem to learn anything from someone else. They respect no one. (Prov. 19:20; Jn. 9:13–34).

**14. Being sarcastic, hurtful or degrading.** Proud people can be very unkind people. Those who belittle other people usually want to raise themselves up above others. Very often this can be quite cleverly done through jesting. They

may excuse themselves by saying, “That’s just the way I am. That’s my personality” (Prov. 11:12; 12:18, 23).

**15. A lack of service.** Proud people may not serve because they are not thinking of others, or because they want to be coaxed to serve and don’t want to continue if there is no praise. Needing recognition is a sure sign of the wrong motives in service (Gal. 5:13; Eph. 2:10).

**16. A lack of compassion.** Proud people are rarely concerned for others and their concerns. They cannot see beyond their own desires (Matt. 5:7; Mk. 3:1–6).

**17. Being defensive or blame–shifting.** You will often hear a proud person say, “Are you saying it’s my fault?” or “Well, what about you?” They try to explain away their sin (Gen. 3:12–13; Prov. 12:1; 13:18).

**18. A lack of admitting when you are wrong.** A proud person will make a great many excuses such as, “I was tired”, or “I was having a bad day” (Prov. 10:17; 28:13).

**19. A lack of asking for forgiveness.** Proud people rarely admit their sin or ask for forgiveness of others. They either cannot see their sin because they are blinded by their pride, or they can’t seem to humble themselves before someone else and ask for forgiveness (Matt. 5:23–24; Rom. 12:18; 1Peter 3:10–11).

**20. A lack of biblical prayer.** Most proud people pray very little, if at all because they do not think they need God--or at least not much. Proud people who do pray usually center their prayers on themselves and their desires, rather than God and others (Luke 18:10–14).

**21. Resisting authority or being disrespectful.** A proud person may detest being told what to do. We might say he or she has a submission problem. What they actually have, however, is a pride problem. It is simply displaying itself in a lack of submission (Rom. 13:1–5; 1 Peter 2:13–17).

**22. Voicing preferences or opinions when not asked.** A proud person might not be able to keep his preferences or opinions to himself. He will offer preferences, opinions and advice when it is not asked for. These things are usually voiced without consideration for others (Prov. 12:23; 17:27–28; 18:2).

**23. Minimizing your own sin and shortcomings.** Proud people typically believe that their sin is no big deal. They think they have a little sin and others have a great deal of it (Matt. 7:3–5; Lk. 18:9–14).

**24. Maximizing others' sin and shortcomings.** To the proud person, other people are the problem. They may magnify or bring attention to the sin of others by gossiping about the other's sin (Matt. 7:3–5; Luke 18:9–14).

**25. Being impatient or irritable with others.** Proud people might become angry with others because they are concerned that their own schedule or plans are being ruined. They are often inflexible on preference issues (II Kings 5:11–12; Jonah 4:8–9; Matt. 15:23).

**26. Being jealous or envious.** Often when they do not enjoy the same benefits, proud people have a hard time being glad for others' successes or blessings (Rom. 12:10, 15; 1 Cor. 13:4).

**27. Using others.** Proud people usually view others in terms of what those people can do for them and their interests. Their focus is not on ministering to others. Everything is for them and about them (Matt. 2:1–12; 7:12).

**28. Being deceitful by covering up sins, faults and mistakes.** Some proud people will do just about anything in order for others not to find out negative things about them (Gen. 3:8; Prov. 28:13; 1 John 1:1–10).

**29. Using attention-getting tactics.** Proud people may try to draw attention to themselves through dress, bizarre behavior, being rebellious, always talking about their problems, etc. (1Peter 3:3–4).

**30. Not having close relationships.** Proud people often have no use for close relationships, thinking that the trouble outweighs the benefits. They see themselves as so self-sufficient that they do not need other people (Prov. 18:1–2; Heb. 10:24–25).

<sup>1</sup> Adapted from Stuart Scott, *From Pride to Humility* (Bemidji, MN: Focus Publishing, 2002); excerpted from *The Exemplary Husband*. Some revisions and Scriptures added by Pastor Cary Nack.