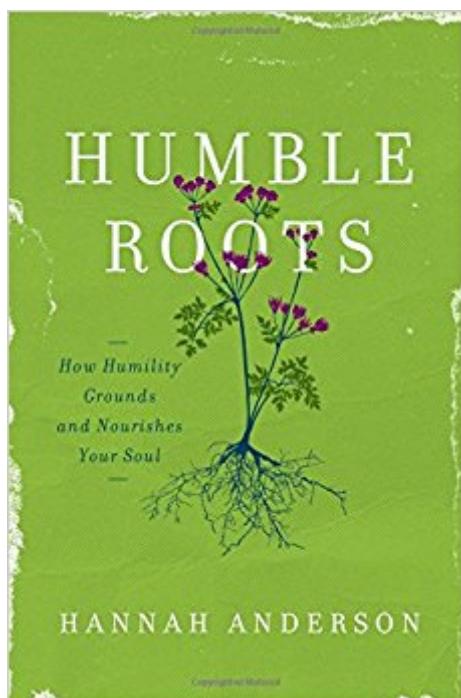


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# Humble Roots: How Humility Grounds And Nourishes Your Soul



## Synopsis

Feeling worn thin? Come find rest. The Blue Ridge Parkway meanders through miles of rolling Virginia mountains. It's a route made famous by natural beauty and the simple rhythms of rural life. And it's in this setting that Hannah Anderson began her exploration of what it means to pursue a life of peace and humility. Fighting back her own sense of restlessness and anxiety, she finds herself immersed in the world outside, discovering a classroom full of forsythia, milkweed, and a failed herb garden. Lessons about soil preparation, sour mulch, and grapevine blights reveal the truth about our dependence on God, finding rest, and fighting discontentment. *Humble Roots* is part theology of incarnation and part stroll through the fields and forest. Anchored in the teaching of Jesus, Anderson explores how cultivating humility—not scheduling, strict boundaries, or increased productivity—leads to peace. *“Come unto me, all who labor and are heavy laden, for I will give you rest.”* Jesus invites us, *“and you will find rest for your souls.”* So come. Learn humility from the lilies of the field and from the One who is humility Himself. Remember who you are and Who you are not, and rediscover the rest that comes from belonging to Him.

## Book Information

Paperback: 208 pages

Publisher: Moody Publishers (October 4, 2016)

Language: English

ISBN-10: 0802414591

ISBN-13: 978-0802414595

Product Dimensions: 5.2 x 0.4 x 8 inches

Shipping Weight: 0.6 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 124 customer reviews

Best Sellers Rank: #11,892 in Books (See Top 100 in Books) #2 in Books > Christian Books & Bibles > Theology > Anthropology #48 in Books > Religion & Spirituality > Worship & Devotion > Inspirational #99 in Books > Christian Books & Bibles > Christian Living > Women's Issues

## Customer Reviews

This is an exquisite book. In *Humble Roots*, Hannah Anderson intends to make us gardeners . . . to plant and tend that rarest of cultivars, humility. Humility orients us rightly toward our bodies, emotions, and intellect. It orients us rightly toward our possessions, desires, and circumstances. It orients us rightly toward the cross. And nurtured carefully in the fertile soil of grace, humility grants

us a harvest of true rest. Wistful, nostalgic, and deeply wise. I read it through tears.JEN WILKINBible teacher and author of *Women of the Word* and *None Like Him*Hannah’s use of the gardening metaphor was so beautiful that I started to long for a rural home where I could can my own green beans or pick blackberries. *Humble Roots* is a concise invitation (without how-to’s) to put off the pride of accomplishment, self-trust, and works righteousness, and enter into the humility that is not only the door to true Christianity but also the daily life of deep faith.ELYSE M. FITZPATRICKAuthor of *Home: How Heaven and the New Earth Satisfy Our Deepest Longings*A beautiful, poignant, and wise book. You will see connections between God’s world and His Word that you have never noticed: between tomatoes and impatience, honey and competitiveness, soil and resurrection. And if you’re anything like me, you will find yourself rejoicing.ANDREW WILSONTeaching Pastor at King’s Church London Author of *The Life We Never Expected* and *Unbreakable*.Hannah Anderson takes being a locavore even more seriously than farm-to-table restaurants and farmer’s market goers. She takes it to the most local place of all: our own hearts. This is the book I’ve been wanting on the shelves of Christians everywhere.LORE FERGUSON WILBERTWriter at *Sayable.net*, *Christianity Today*, *Revive our Hearts*, *She Reads Truth*, and moreGod made us to be close to the ground. So it’s fitting that Hannah Anderson roots her clear and compassionate teaching in stories close to the ground. The result is nourishment for our souls. Anderson replants us in the Father’s provision, wisdom, and care.KATELYN BEATYManaging Editor, *Christianity Today* magazineAuthor of *A Woman’s Place*C. S. Lewis famously wrote that humility is not thinking less of ourselves; rather, it is thinking of ourselves less, and in such a way that frees us to redirect our energies toward God and those He has given us to love. Using one of God’s favorite places and metaphors, the garden, coupled with endearing and sometimes humbling anecdotes from her own life story, Hannah paints a compelling picture of why we should, and ways that we can, pour contempt on our pride. Please read this book. It will renew your perspective, and it could change your life.SCOTT SAULSSenior Pastor, Christ Presbyterian Church, Nashville, TNAuthor of *Jesus Outside the Lines* and *Befriend*Hannah has written a simple but profound book. Her earthy style of writing accents the deep truths of Scripture in a way that is accessible to those of us who most need to hear this message. I predict this book will become a classic on the subject.WENDY ALSUPAuthor of *Practical Theology for Women* and *The Gospel-Centered Woman*Blogger at [www.theologyforwomen.org](http://www.theologyforwomen.org)This is just the kind of book I love: readers are promised a meal—and *Humble Roots* delivers a feast. With serious biblical reflection and vivid storytelling, Hannah Anderson compels us to seek humility. Rooted in Jesus, we

abandon our illusions of control; we embrace our limits; we learn to depend.JEN POLLOCK

MICHELAuthor of Teach Us to Want, Christianity Todayâ„¢s 2015 Book of the YearHumble Roots is soulful spirituality at its bestâ€•earthy, embodied, and energizing. Andersonbeckons us to reconsider both the rhythms of Godâ„¢s creation and the frantic pace of our lives. The gospel brings reconciliation of all things in heaven and earth. This includes our God-formed bodies to the land God created for us.DANIEL MONTGOMERYLead Pastor, Sojourn Community Church, Louisville, KY; founder of the Sojourn NetworkAuthor of Faithmapping, PROOF, and Leadership MosaicI can think of nothing that might fix what ails this increasingly chaotic, power-hungry world more than a dose of humility and deeper rootedness. Whether youâ„¢re a city slicker, a suburban dweller, or a country bumpkin, these true parablesâ€•lovely memories of rural life seasoned with sharp insightsâ€•will hit you right where you live. KAREN SWALLOW

PRIORAuthor of Booked: Literature in the Soul of Me and Fierce Convictions: The Extraordinary Life of Hannah More: Poet, Reformer Abolitionist

Feeling worn thin? Come find rest.Nestled in the simple rhythms of rural life, taking cues from forsythia, milkweed, and wild blackberries, Hannah Anderson meditates on the pursuit of peace and its natural companion, humility.Part theology of incarnation, part stroll through fields and forest, Humble Roots reveals how cultivating humilityâ€•not scheduling or increased productivityâ€•leads to true peace. By remembering who you are and Who you arenâ„¢t, you can discover afresh your need for God and the rest that comes from belonging to Him.So come. Consider the lilies of the field, and learn humility from Christ Himself.

Over the years I have read quite a few books on the subject of humility. To be frank, this is an area in which I need all the help I can get (and I am quite certain that I am not alone in this need). As I read the latest, Hannah Andersonâ„¢s Humble Roots, a thought occurred to me: All of the others have been written by men. I donâ„¢t mean to read any particular significance into this observation, but did find myself especially challenged and refreshed to read one that comes from a different perspectiveâ€•a female perspective. This is just one of the many reasons I found Humble Roots a tremendously enjoyable read.The bookâ„¢s starting point is anxiety, being overwhelmed, feeling â„¢heavy laden.â„¢ A• she says, â„¢For years,â„¢ she says, â„¢Iâ„¢ve heard that the solution to such stress comes from setting up boundaries, finding ways to be more productive, cultivating gratitude, and scheduling

ÃƒÂ¢Ã  ¬Ã  Ëœme-time.ÃƒÂ¢Ã  ¬Ã  â„¢ For years, IÃƒÂ¢Ã  ¬Ã  â„¢ve believed that finding rest comes from both simultaneously learning to let go and keeping your act together. For years, IÃƒÂ¢Ã  ¬Ã  â„¢ve thought that my sense of peace depends entirely on me.ÃƒÂ¢Ã  ¬Ã  Â• But then she found herself pondering Jesus as he presents himself in Matthew 11:28, a Savior who is gentle and lowly in heart and who offers rest for our souls. Pondering this, she realized that the better antidote for anxiety and being overwhelmed is humility.ÃƒÂ¢Ã  ¬Ã  Â“The goal of Humble Roots is to understand how pride manifests itself in anxiety and restlessness, and how humility frees us from the cycle of stress, performance, and competition.ÃƒÂ¢Ã  ¬Ã  Â• She explores theological truths and does it by considering the natural world.ÃƒÂ¢Ã  ¬Ã  Â“WeÃƒÂ¢Ã  ¬Ã  â„¢ll explore the theological truths of incarnation, creaturehood, physical embodiment, and human limitation; and weÃƒÂ¢Ã  ¬Ã  â„¢ll do this by considering the natural world around us, by lifting our eyes to the hills, the fields, and the heavens. But weÃƒÂ¢Ã  ¬Ã  â„¢ll also consider more practical questions about how humility informs our daily choicesÃƒÂ¢Ã  ¬Ã  â• ones that generally take place in less idyllic settings. WeÃƒÂ¢Ã  ¬Ã  â„¢ll see how humilityÃƒÂ¢Ã  ¬Ã  â• how knowing ourselves as creaturesÃƒÂ¢Ã  ¬Ã  â• also helps us see the extent of our pride in our everyday choices, from how we use social media to how we give and receive compliments. But more than simply point out where we fail, humility also provides a way forward.ÃƒÂ¢Ã  ¬Ã  Â• Through eleven chapters she explores humility from its various angles. She looks at failure, rest, humanity, emotions, weakness, death, and more. She looks at the pride that so often fills our hearts and consumes our lives. She shows that humility isÃƒÂ¢Ã  ¬Ã  Â“not simply a disposition or set of phrases. Humility is accurately understanding ourselves and our place in the world. Humility is knowing where we came from and who our people are. Humility is understanding what without God we are nothing. Without His care, without His provision, with His love, we would still be dust.ÃƒÂ¢Ã  ¬Ã  Â• Let me point out three of the bookÃƒÂ¢Ã  ¬Ã  â„¢s most appealing strengths. First, Humble Roots is relentlessly biblical. Anderson simply teaches what the Bible teaches about humility. Every chapter goes deep into a text or series of texts and shows how they call us to pursue humility by pursuing Christ, toÃƒÂ¢Ã  ¬Ã  Â“celebrate the goodness of our physical bodies, to embrace the complexity of our emotions, and to own our unique gifts without guilt or feeling like an imposter.ÃƒÂ¢Ã  ¬Ã  Â• In other words, she calls us to flourish as human beings made in GodÃƒÂ¢Ã  ¬Ã  â„¢s image. Second, Humble Roots is well-written. Anderson is a skilled writer and her book is a joy to read. It is a great length in an era in which far too many books are just a little too long and it is beautifully integrated with her own life and experiences. This gives it an enjoyable authenticity and aÃƒÂ¢Ã  ¬Ã  Â“rootsyÃƒÂ¢Ã  ¬Ã  Â• feel. Each chapter is structured around something she has

experienced in the natural world and this serves as a helpful and interesting  
ÃƒÂ¢Ã  ¬Ã  Å“hookÃƒÂ¢Ã  ¬Ã  Å• to hold the book together.Third, Humble Roots is practical. It is practical without being trite. Those who read the book will know about humility, to be sure, but they will also have ideas about what humility actually looks like in real life. They will receive wisdom on how to actually be humble.I read Humble Roots because I had heard so many people praise it. I was delighted to find it is worthy of the recognition and worthy of both time and attention. It is a book I enjoyed thoroughly and recommend heartily.

I thoroughly enjoyed Hannah's book. Many of us have a dictionary definition of what humble is. Her discussions, examples, and scriptural insights have opened up many new thoughts for me on what is to be a humble Christian. On the one hand, her style makes it an "easy read" while on the other, there are many biblical insights.

The book is well-written and the author incorporates plants as part of the commentary. I recommend.

SAUVE for the soul....WISDOM for the heart. BEAUTY for the imagination. We all know the experience of wondering "what gift can I give so and so....This is my book to give away this year.

Read the Kindle version but asking for a hard copy for my birthday as this will definitely be a reread. Thoroughly enjoyed this book!

I read it with my husband. We enjoyed discussing every chapter in depth.

I was completely satisfied with my purchase. It arrived as promised and the condition was as stated. I would order from this seller again in the future.

Great book. Perfect for new moms adjusting to the havoc of parenting. Helped me let go of the stress I put myself under.

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