

Scripture Reading

A Reading of the Gospel According to Matthew (*Matthew 11:29*)

Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. The Gospel of the Lord. R. Praise to You Lord Jesus Christ.

Reflection ~ Humility helps me see...

Learn from Me, for I am gentle and humble in heart... (Matthew 11:29). There is one virtue besides that of love that the Lord very much desires we nurture and develop, and that is humility. Humility and love form the foundation on which other virtues thrive. It is through holy love and humility that Jesus is empowered to fulfil God's plan of salvation the way He successfully did. Jesus escaped from His disciples when they wanted to make Him king. Jesus' throne on earth was the holy Cross. Jesus washed the feet of the Apostles to demonstrate the attitude we should have.

Humility helps me recognise and accept God's will. *"I am the Lord's servant," Mary answered. "May your word to me be fulfilled."* (Luke 1:38). Humility helped Mary, in rising to the call to be the Saviour's mother, not to hide behind a false modesty of Her lowly state in life and to overcome Her concern for Her personal safety and opinion of others as She accepted God's request at the Annunciation. Her humility and love fuel a very powerful brand of holy boldness.

Humility helps me to serve and not seek to be served. *For even the Son of Man did not come to be served, but to serve, and to give His life as a ransom for many.* (Mark 10:45). Jesus, Son of the Living God stepped down from His throne in heaven, divested Himself of all glory in order that He may serve humankind in a way no less than by giving His life as a redemption price for every human being. Many of us would love to be served but few would choose rolling up the sleeves and put oneself available at another's needs. However, Jesus has shown that to love is to serve. Humility is needed so that serving is done sincerely and cheerfully.

Humility helps me see God present in everything around me. *The heavens declare the glory of God; the skies proclaim the work of His hands.* (Psalm 19:1). Humility helps me see my proper place in the universe, that it revolves around God and not myself, and that I need to render God the adoration that is due to Him simply because He is God. *"The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of Mine, you did for Me.'* (Matthew 25:40). Humility helps me see Christ's suffering image in the poor, the lowly, the voiceless and marginalised, and empowers me to respond in love to their needs unconditionally.

Humility helps me see my own faults and failings. *So they asked Him, "What sign then will You give that we may see it and believe You? What will You do?"* (John 6:30). The disbelieving Jews asked Jesus for more miracles after He fed the five thousand with five small barley loaves and two small fish, in order that they might believe Him. In their pride it had not occurred to them that their lack of faith was not due to an absence of miracles by Jesus but their own stubbornness and spiritual blindness. Without humility, human weakness inevitably ascribes one's own failings to some external causes but never oneself. The stronger the pride the deeper the deception.

Conversation with Jesus

Precious Lord, You are my Teacher and Master in the school of love and faith. I come before You with the heart of a young child. You desire that my heart be simple and humble like a child's. Out of love for You, I accept all adversities and sufferings that You send me for my sanctification, for the salvation of souls that You love so much. In love and trust, I surrender to Your Sacred Heart all my trials, difficulties, joys and sorrows in my life. Continue to form my heart like Yours so that I can be Your hands, feet, mouth and heart to whosoever You bring me to. Mary, Protectress of the Faith, teach me filial obedience and humility. Thank You Jesus. Praise You Jesus.