

Scripture Reading

A Reading from the Book of Proverbs (*Proverbs 11:2*)

When pride comes, then comes disgrace, but with humility comes wisdom. The Word of the Lord. R. Thanks be to God.

Reflection - The humble have continuing peace whilst the prideful have frequent indignation

A humble soul knows its place in the eyes of God. Such a soul knows the truth that he/she is nothing apart from the grace of God. Abraham, our father in faith, spoke the truth when he said he was nothing but dust and ashes (cf. Genesis 18:27). The only thing we can truly call our own are our sins. Therefore, a humble soul has no pretension or illusion about oneself. The humble soul is fully aware that without the grace of God, nothing is possible. Jesus says: *I am the vine; you are the branches. If you remain in Me and I in you, you will bear much fruit; apart from Me you can do nothing (John 15:5).*

Holy humility readily submits to God as the highest authority and His divine will as the plan for our lives. The mind of the humble readily assents in faith to all the revealed truths of God. Free from self-complacency, he/she seeks diligently to grow in the knowledge of God and His ways so that greater love and more faithful service can be rendered to Him. Holy humility begets holy fear of God which strengthens the soul to keep itself in the state of grace and holy and blameless in His sight. *Humility is the fear of the Lord; its wages are riches and honor and life (Proverbs 22:4).* The humble soul knows how to place the concerns of God above human concerns. He/she is more afraid of offending God than incurring adverse human opinion. He/she knows whom one owes one's loyalty to and should please above all things and people.

Holy humility readily forgives others and self, and does not judge others but consider others better than self. *But if you do not forgive others their sins, your Father will not forgive your sins (Matthew 6:15).* The humble soul remembers he/she stands in great need of God's forgiveness. With this in mind, the humble soul readily forgives. The humble soul has a good awareness of his/her own weaknesses, faults and sins, and thus, is not quick to judge others. *Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves (Philippians 2:3).*

Holy humility learns to trust in God and to accept everything as coming from the hands of God. The humble soul does not lose faith nor does he/she give oneself over to despair in the face of adversity. The humble soul knows that God can give and take away. He/she knows God tests each and every one of His children in order to increase their faith. The humble soul has a healthy distrust of self. Such a soul will not easily fall into the temptation of placing too much trust in self. *Trust in the Lord with all your heart and lean not on your own understanding (Proverbs 3:5).*

The humble soul is guided by the Lord as he/she is open to teaching. *Good and upright is the Lord; therefore He instructs sinners in His ways. He guides the humble in what is right and teaches them His way (Psalm 25:8-9).* The mind of the prideful is oftentimes governed by flesh, leading to sorrow. On the other hand, the mind of the humble soul is governed by the Spirit, leading towards peace. Led by the Holy Spirit, the humble soul seeks only the glory of God. He/she ascribes and credits all good things to God and knows that all glory belongs to God alone. No matter how great its achievements are, a humble soul will never bask in self-glory, knowing that this is stealing the glory that belongs to God only.

Conversation with Jesus

Precious Lord, when You come in the flesh, You redeem a fallen world and give a great example on how to live our lives. You eschew all power and glory which belong to You only. You were not afraid to become one like us in order that You may suffer and die for us though we hardly deserved it. Self-love has no place in Your Heart. Only through denial of self can I carry out the Father's will. Make me like You, meek and humble of heart. Purify my mind and humble my spirit. I am nothing but dust and ashes apart from Your grace. Without Your grace working in me, I can do nothing. Help me to put You first in my life so that all things I need will be given unto me including the gift of humility. Then will I be guided by You, learn of Your ways and lead a full Christian life. Mary, Mother of Salvation, pray for me. Thank You, Jesus. Praise You, Jesus.