

## 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 – True Greatness of the Soul is in loving God and in humility

**True greatness of the soul is in loving God and in humility.** Once Jesus appeared in the form of a child and said to St. Faustina: *True greatness of the soul is in loving God and in humility* (#427). To understand how important these two traits are we can consider the life of Jesus who is our perfect model for loving God and in humility.

**Jesus lives to do the Will of God, the Father because of His all-consuming love for Him.** The sole motivating factor in the life of Jesus is His love for the Father, which translates naturally into doing the Father's will. Many times Jesus tried to teach and communicate this love He has for the Father to His disciples. On one occasion, Jesus said, "*My food is to do the will of Him who sent Me and to finish His work.*" (*John 4:34*). In the Garden of Gethsemane, Jesus said, "...not My will but Yours be done." (*cf. Luke 22:42*).

**The Humility of Jesus.** The humility of Jesus facilitates the way for Jesus to carry out the will of the Father for the salvation of the world. In the Father's plan of salvation, the Messiah does not come as a military conquering ruler who would have no need of humility to carry out his mission. Instead, God's plan of salvation requires great humiliation and personal suffering from the Messiah. Jesus, the King of kings and Lord of lords (*cf. 1 Timothy 6:15, Revelation 17:14, Revelation 19:16*) started His earthly life in a humble state and ended His life in deep humiliation. Throughout His life He encountered rejection, mockery and final condemnation to a humiliating and painful death. "*Learn from Me for I am gentle and humble in heart*" (*Matthew 11:29*), Jesus says. Jesus teaches the importance of love and humility as these are the bedrock of all virtues.

**How does God teach humility?** Without humility there is no obedience. Without obedience the soul is far away from God. Whilst respecting the freewill of His children, God for His part tries to keep the soul in a humble state through the various life situations that He allows to happen to the soul. These are the situations that will help prevent a soul from having an unreal high esteem of self which will lead to self pride and egoism. God works through a myriad of ways that we maybe unaware of. For example, on the physical level, He allows imperfections in our physical appearance, physical weakness, ill health, etc. On the spiritual level, He allows our falls from grace so that we can humble ourselves to seek forgiveness from Him. Thus, every adversity and sorrow is a grace to a heart that is in right standing with God, understanding that God, having redeemed us at great price to Himself, is always working hard at our welfare from the eternity perspective.

**How does Satan induce pride?** Having fallen from grace through his own pride and disobedience, Satan takes revenge on God by tempting His beloved children to take the same road taken by himself. Our Adversary works hard at deceiving us with his suggestions of how good, holy, superior we are compared to others. Once we forget about how the Holy Spirit is always working within us, assign credit for our merits and good works solely to ourselves and accept Satan's tempting suggestions, we establish a basis within our hearts for prideful judgement of others. Judgemental thoughts can creep into our way of thinking without us being aware. That's why the Lord warns us to guard our hearts well for it determines the course of our life (*cf. Proverb 4:23*).

### Conversation with Jesus

Precious Lord, Your ardent wish is to be with us. That is also the deepest desire of my heart: its union with You, my God, my All. How close my heart can be to Yours is dependent on the depth of my love for You and its humility. Transform my poor heart and enable me to love You more and more each day. For all the trials You sent me, help me accept with love and patience to grow in humility. Help me to be vigilant to the prideful suggestions that the Adversary is always putting into my head. Mary, Protectress of the Faith, most loving and humble, pray for me. Thank You Jesus. Praise You Jesus.