



Scripture nugget - Humility prepares our heart for the fulfillment of God's will

"Come to Me, all you who labor and are burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am meek and humble of heart; and you will find rest for yourselves. For My yoke is easy, and My burden light." (Matthew 11:28-30).

Humility prepares our heart for the fulfillment of God's will. With His whole Heart, Jesus desires us to develop the virtue of humility. Humility and love are the bedrock of all Christian virtues. Jesus says: *Take My yoke upon you and learn from Me, for I am meek and humble of heart; and you will find rest for yourselves* (Matthew 11:29). Our perfect model of humility is none other than our Lord Himself. Though equal with God the Father, Christ does not cling to this privilege but forgets Himself and places the Father's will above all else, emptying Himself of all His divine glory to assume lowly human flesh in servanthood to God and humankind, manifesting His perfect obedience to God even unto humiliating, agonizing death on the Cross (cf. Philippians 2:6-8). Thus, Jesus through His life on earth teaches us that true humility involves forgetting one's desires and will in order to concentrate solely on fulfilling to perfection God's will and desires no matter how difficult it is. Jesus teaches us that our mission in life is all about fulfilling God's will which is the way to the glorious, eternal inheritance that Christ wants to share with us as co-heirs of God's Kingdom. We can only do this if we have the humility to pick up our cross daily and embrace God's will.

Humility is a great protection against temptation. During His time on earth, Jesus was able to endure much humiliation and rejection without sinning because of His profound humility. He was subjected to cruel and humiliating abuse and torture in being crowned with a crown of thorns, scourged by whips made of leather thongs with attached iron balls, crucified in ignominy on the cross amidst jeers and taunting from the crowds. However, He submitted to all the harsh treatment with no resistance. Thus, Prophet Isaiah prophesized: *Though harshly treated, He submitted and did not open His mouth; like a lamb led to slaughter or a sheep silent before shearers, He did not open His mouth* (Isaiah 53:7). Conversely, we see how the pride and envy of the Jewish religious leaders led them to the failure of recognizing the Messiah despite their substantial religious knowledge and the many stupendous miracles Jesus performed. Instead, they plotted secretly to kill Jesus, the Messiah they were awaiting for a long time, but could not recognize when He did come because their hearts were full of self-importance and pride which blinded them to the truth and their failings.

Conversation with Jesus: Precious Lord, You said: *Blessed are the poor in spirit, for theirs is the kingdom of heaven* (Matthew 5:3). From the Christian perspective, the poor in spirit are those who are humble and understand their spiritual poverty and their utter dependence on God. You exhort us to have true humility so that we can empty our hearts of ourselves, embrace God's love, fulfill His will and prove our allegiance to His Commandments. By enduring much humiliation during Your time on earth, You break our bondages of pride, and merit for us the graces to be humble like You. God's favour rests on the humble. He teaches the humble His ways, imparts to them His wisdom and prepares them to be heirs of His glorious Kingdom. Purify my heart of all useless pride, and humble my spirit so that Your will and Your desire become first in my life. Mary, Mother of Salvation, pray for me. Thank You, Jesus. Praise You, Jesus.