

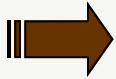


## - A RESOURCE FOR ONGOING FORMATION -

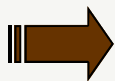
### Part 2: A Life of Penance and Daily Conversion

#### Chapter 6. Humility

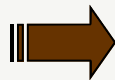
Witnessing to the good yet to come and obliged to acquire purity of heart because of the vocation they have embraced, they should set themselves free to love God and their brothers and sisters. Rule 12



**HUMBLE**—having, showing low estimate of one's own importance; of lowly condition; of modest pretensions



**MAKE HUMBLE**—being low, abase oneself; 'humilis' = lowly [Lat]  
'humus' = ground [Lat]



**HUMILITY**—humbleness, meekness, humble condition



Jesus said, 'You are the light of the world...let your light shine before others, so that they may see your good works and give glory to your father in heaven.' [Matt 5.14-16]

But remember, a candle sheds its light by becoming smaller, not larger.

#### THE HUMBLE SERVANT OF GOD

1 Blessed is that servant [Matt 24.46] who does not pride himself on the good that the Lord says or does through him any more than he says or does through another. 2 That person sins who wishes to receive more from his neighbour than what he is willing to give of himself to the Lord God.

Francis & Clare: the complete works (p 32)

...when we pray we do not speak from the height of our pride and will...He who humbles himself will be exalted; [Cf. Lk 18.9-14] *humility* is the foundation of prayer. Only when we humbly acknowledge that 'we do not know how to pray as we ought' [Rom 8.26] are we ready to receive freely the gift of prayer. 'Man is a beggar before God.' [Augustine *Sermo* 56, 6, 9]

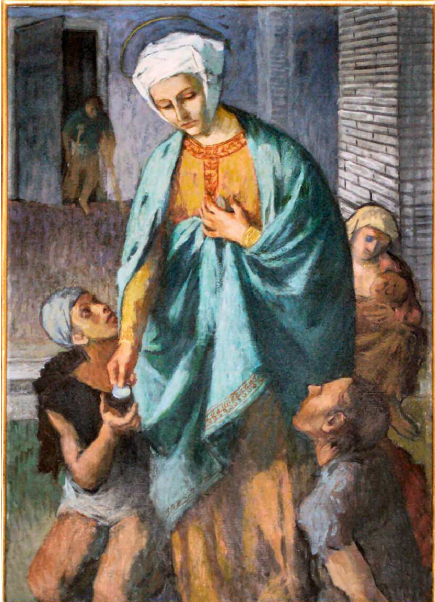
*Catechism of the Catholic Church* 2559 (p 544)

#### Complete the following Scripture verses:

Prov 15.33 'and humility...

Prov 22.4 'The reward of humility...

Acts 20.19 '..serving the Lord with all humility...



## Scripture—

### I Pet 5. 5b-7

And all of you must clothe yourselves with humility in your dealings with one another, for ‘God opposes the proud, but gives grace to the humble.’ Humble yourselves therefore under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you.