

**MONDAY**

# Humility

## Commandments:

1. I am the Lord your God; there is no other
2. You shall not take the name of the Lord your God in vain



Humility acknowledges God as the source of all life and grace. St. Vincent de Paul attributed all of the good and success in his life to this virtue of HUMILITY. He writes in a letter, “Let us no longer say it is I who have done this good work...for it is God alone who is the author of every good thing.”

But we live in a society that says the opposite. It prizes pretty much everything having to do with the self—self-reliance, self-confidence, self-centeredness. We talk about my achievements and the things **I** have accomplished. We see ourselves as Number 1, first, and most important. Humility is the opposite of such self-involvement. NOT that we are small and unimportant—but that we are GREAT and REMARKABLE *because of* God who is our author, our creator. It is His spirit and presence burning within us that has, and will , accomplish all of the good and success in our lives.

### **"I AM THE LORD YOUR GOD, THERE IS NO OTHER"**

The first two commandments remind us to center our lives on God, avoiding the false gods of pride, control, or self-sufficiency. Humility leads us to submit to His will, recognizing our dependence on Him. It is the posture of a child before a loving Father, admitting that without Him, we can do nothing. In this way, we adore God, trust in His providence, and offer Him the reverence He is due.

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### **QUESTIONS FOR REFLECTION**

- Have I really loved God above all things? Have I made other things like money, clothes, TV, my phone, music, even pleasure, more important than God?
- Do I carelessly use His name in anger or without thought?
- Am I wholehearted in accepting and following God's teaching, or do I only pick and choose the parts of His message that please me?
- Have I made time for God each day for prayer? Is my time for myself, my work, and my relaxation more valuable than my time with God?

