

HUMILITY

<p>1</p> <p>So precious is this virtue of humility and so firm its foundation (upon which is built up the whole perfection of the spiritual life), that the Lord did especially desire that we learn it directly of him.</p> <p><i>Bl. Angela of Foligno</i></p>	<p>2</p> <p>The gate of heaven is very low; only the humble can enter it.</p> <p><i>St. Elizabeth Ann Seton</i></p>	<p>3</p> <p><i>When one is in love, one is humble, one sees oneself as very insignificant, as nothing beside one's beloved.</i></p> <p><i>Venerable Charles de Foucauld</i></p>	<p>4</p> <p>Humility must always be doing its work like a bee making honey in the hive: without humility all will be lost.</p> <p><i>St. Teresa of Avila</i></p>	<p>5</p> <p><i>IN ORDER TO BECOME AN INSTRUMENT IN GOD'S HANDS WE MUST BE OF NO ACCOUNT IN OUR OWN EYES.</i></p> <p><i>St. Angela Merici</i></p>	<p>6</p> <p>The very moment God sees us fully convinced of our nothingness, He reaches out his hand to us.</p> <p><i>St. Therese of Lisieux</i></p>	<p>7</p> <p>FOR HE IS LESS IN NEED WHO IS WITHOUT A GARMENT, THAN HE WHO IS WITHOUT HUMILITY.</p> <p><i>Pope St. Gregory</i></p>	<p>8</p> <p>If thou hast anything of good, believe better things of others, that thou mayest preserve humility... Esteem not thyself better than others, lest, perhaps, thou be accounted worse in the sight of God, who knoweth what is in man.</p> <p><i>Thomas a Kempis</i></p>
<p>9</p> <p>Raise up your heart after a fall, sweetly and gently, humbling yourself before God in the knowledge of your misery, and do not be astonished at your weakness, since it is not surprising that weakness should be weak.</p> <p><i>St. Francis de Sales</i></p>	<p>10</p> <p><i>Humility, humility and always humility. Satan fears and trembles before humble souls. The Lord is willing to do great things, but on the condition that we are truly humble.</i></p> <p><i>St. Pio</i></p>	<p>11</p> <p>There are some favors the Almighty does not grant either the first, or the second, or the third time you ask Him, because he wishes you to pray for a long time and often. He wills this delay to keep you in a state of humility and self-contempt and make you realize the value of his graces.</p> <p><i>St. John Eudes</i></p>	<p>12</p> <p><i>It was pride that caused the fall of Lucifer and Adam. If you should ask me what are the ways of God, I would tell you that the first is humility, the second is humility, and the third is still humility. Not that there are no other precepts to give, but if humility does not precede all that we do, our efforts are fruitless.</i></p> <p><i>St. Augustine</i></p>	<p>13</p> <p>Never mention anything concerning thyself which men account praiseworthy, such as learning, goodness, birth, unless with the hope of doing good thereby, and then let it be done with humility, remembering that these are the gifts of God.</p> <p><i>St. Teresa of Jesus</i></p>	<p>14</p> <p><i>Above all, let us lay aside our own ego, for this is what ruins everything.</i></p> <p><i>Venerable Thecla Merlo</i></p>	<p>15</p> <p>Great graces cannot be obtained without humility; so those who are to have them must be humiliated, that they may be made worthy by humility to receive grace. When you yourself experience humiliation, you should take it as a sure sign that some grace is in store.</p> <p><i>St. Bernard</i></p>	<p>16</p> <p>Today, ... the humble person is perceived as someone who gives up, someone defeated, someone who has nothing to say to the world. Instead, this is the principal way, and not only because humility is a great human virtue but because, in the first place, it represents God's own way of acting. It was the way chosen by Christ, the Mediator of the New Covenant, who "being found in human form he humbled himself and became obedient unto death, even death on a cross"</p> <p><i>Pope Benedict XVI</i></p>

<p>17</p> <p><i>Wherefore, brethren, if we wish to attain to the summit of humility and desire to arrive speedily at that heavenly exaltation to which we ascend by the humility of the present life, then we must set up a ladder of our ascending actions like unto that which Jacob saw in his vision, whereon angels appeared to him, descending and ascending. By that ascent and descent we must surely understand nothing else than this, that we descend by self-exaltation and ascend by humility.</i></p> <p><i>St. Benedict</i></p>	<p>18</p> <p>Pride is accounted the common mother of all sins ...</p> <p>To fall away from reverence for Him is the first part of pride.</p> <p><i>St. Thomas Aquinas</i></p>	<p>19</p> <p>Prayer is the humility of the man who acknowledges his profound wretchedness and the greatness of God. He addresses and adores God as one who expects everything from Him and nothing from himself. Faith is the humility of the mind which renounces its own judgment and surrenders to the verdict and authority of the Church. Obedience is the humility of the will which subjects itself to the will of another, for God's sake. Chastity is the humility of the flesh, which subjects itself to the spirit. Exterior mortification is the humility of the senses. Penance is the humility of the passions, immolated to the Lord. Humility is truth on the road of the ascetic struggle.</p> <p><i>St. Josemaria Escriva</i></p>	<p>20</p> <p>I will just recommend one virtue so dear to the Lord. He said, "Learn from me who am meek and humble of heart". I run the risk of making a blunder, but I will say it: the Lord loves humility so much that, sometimes, he permits serious sins. Why? In order that those who committed these sins may, after repenting remain humble. One does not feel inclined to think oneself half a saint, half an angel, when one knows that one has committed serious faults. The Lord recommended it so much: be humble. Even if you have done great things, say: "We are useless servants." On the contrary the tendency in all of us, is rather the contrary: to show off. Lowly, lowly: this is the Christian virtue which concerns ourselves.</p> <p><i>Pope John Paul I</i></p>	<p>21</p> <p>True humility consists in not presuming on our own strength, but in trusting to obtain all things from the power of God.</p> <p><i>St. Thomas Aquinas</i></p>	<p>22</p> <p>Allow me to remind you that among other evident signs of a lack of humility are: <i>thinking that what you do or say is better than what others do or say; always wanting to get your own way; arguing when you are not right or – when you are – insisting stubbornly or with bad manners; giving your opinion without being asked for it, when charity does not demand you do so; despising the point of view of others; not being aware that all the qualities and gifts you have are on loan; mentioning yourself as an example in conversation; making excuses when rebuked; hearing praise with satisfaction, or being glad that others have spoken well of you; being hurt that others are held in greater esteem than you; refusing to carry out menial tasks; seeking or wanting to be singled out; being ashamed of not having certain possessions...</i></p> <p><i>St. Josemaria Escriva</i></p>	<p>23</p> <p>Why was it that in Mary the impossible became possible? She herself reveals it to us ... God "regarded the low estate of his handmaiden" (Lk 1: 48a). It was Mary's humility that God appreciated more than anything else in her... We think ... of the holy house of Nazareth, which is the Shrine of humility: the humility of God who took flesh, who made himself small, and the humility of Mary who welcomed him into her womb; the humility of the Creator and the humility of the creature. Jesus, Son of God and Son of man, was born from this encounter of humility.</p> <p><i>Pope Benedict XVI</i></p>	<p>24</p> <p>Often, actually very often, God allows his greatest servants to make the most humiliating mistakes. This humbles them in their own eyes and in the eyes of their fellow men. It prevents them from seeing and taking pride in the graces God bestows on them.</p> <p><i>St. Louis de Montfort</i></p>
<p>25</p> <p>It is only by hammer blows that God manages to humble us, no matter how good our native disposition.</p> <p><i>St. Anthony Mary Claret</i></p>	<p>26</p> <p>Do not become swollen-headed if you have served well, because you have only done what you were supposed to do.</p> <p><i>St. Ambrose</i></p>	<p>27</p> <p>I SAW THE SNAKES THAT THE ENEMY SPREADS OUT OVER THE WORLD AND I SAID GROANING, "WHAT CAN GET THROUGH FROM SUCH SNAKES?" THEN I HEARD A VOICE SAYING TO ME, "HUMILITY"</p> <p><i>St. Anthony the Great</i></p>	<p>28</p> <p>Blessed is the servant who esteems himself no better when he is praised and exalted by people than when he is considered worthless, simple and despicable; for what a man is before God, that he is and nothing more.</p> <p><i>St. Francis of Assisi</i></p>	<p>29</p> <p>IT IS BETTER TO HAVE LITTLE KNOWLEDGE WITH HUMILITY AND WEAK UNDERSTANDING, THAN GREATER TREASURES OF LEARNING WITH SELF-CONCEIT.</p> <p><i>Thomas a Kempis</i></p>	<p>30</p> <p>True humility makes no pretense of being humble, and scarcely ever utters words of humility.</p> <p><i>St. Francis de Sales</i></p>	<p>31</p> <p>Humility, that low, sweet root, From which all heavenly virtues shoot.</p> <p><i>St. Thomas Moore</i></p>	<p>Holy Mary, Handmaid of the Lord, Pray For Us</p>