



Answering Christ's call,
we guide people to encounter Him
so as to live in hope, as pilgrims in daily life.

Meet the Master

Monthly gatherings to discover the Master and encounter him as we read the scriptures, listen to a presentation, meet a saint, and receive a spiritual tool.

September 5, 2020 – Jesus' Humility

Scripture:

- *...emptied himself, taking the form of a servant, being born in the likeness of men. And being found in human form he humbled himself and became obedient unto death, even death on a cross. Philipians 2:7-8*
- *Then He poured water into a basin and began to wash the disciples' feet and dry them with the towel around His waist. John 13:5*
- *Come to me all you who are weary and 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. Matthew 11:28*

Catechism of the Catholic Church (CCC)

CCC 544 "The kingdom belongs to the poor and lowly, which means those who have accepted it with humble hearts. Jesus is sent to 'preach good news to the poor'; he declares them blessed, for 'theirs is the kingdom of heaven.' To them — the 'little ones' the Father is pleased to reveal what remains hidden from the wise and the learned. Jesus shares the life of the poor, from the cradle to the cross; he experiences hunger, thirst and privation. Jesus identifies himself with the poor of every kind and makes active love toward them the condition for entering his kingdom."

Spiritual Exercise

To grow in humility, you might consider the following suggestions written by Fr. Edward McIlmail, LC:

1. Pray for the gift of humility each day. God as the source of all good will be there to help you grow in this virtue.
2. Cultivate a spirit of gratitude to God for everything you have.
3. Learn to accept your daily crosses with a spirit of patience. Those crosses include *humiliations*, which can help us so much to grow in humility when we accept them through, with, and in Christ. Unite your daily sufferings with the cross of Christ. We can forget that Jesus wants us to be holy, and that all those difficulties and challenges of daily life might really be God's way of giving us the chance to grow in humility by embracing those problems with love and endurance.
4. Try to act as though everyone else in your life is more important than you. Each person is infinitely loved by God and is thus worthy of our love too. By putting ourselves last, by reserving our critical eye for ourselves and our own faults, we grow in humility.
5. Read and meditate on the Gospels and notice how Jesus practiced humility. Born in a cave, rejected by many of his own people, and ultimately nailed to a cross, Jesus gives us the supreme example of humility. Follow his example and you can grow in this precious virtue.

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