

Humility

Humility is the virtue that helps us recognize that all we have and all we are comes from God. It is not about putting ourselves down or denying our gifts. Rather, it is seeing ourselves truthfully in relationship to God, acknowledging that every talent, blessing, and opportunity is a gift from God's loving generosity. Throughout Scripture, both the Hebrew and Christian traditions remind us that we are dependent upon God for life itself. The proper response to this reality is gratitude, praise, and trust. Jesus is the perfect model of humility. He remained constantly aware of his relationship with his Father and lived in complete obedience to God's will. Out of love for humanity, he humbled himself even to the point of death on a cross. Humility opens us to God's grace and allows us to participate in God's saving work in the world. In contrast, pride seeks independence from God and places self at the center. Humility, however, helps us keep God at the center of our lives and recognize the dignity and goodness of others. It frees us from jealousy, arrogance, and self-centeredness, replacing them with gratitude and praise for the God from whom all good things come. As St. Augustine taught, humility is the foundation of all virtue because it enables us to live in right relationship with God, ourselves, and one another.