

## **May Virtue of the Month: Humility**

### **May Saint of the Month: Mary, the Mother of God**

Prayer: Dear Jesus, You said, “learn from Me, for I am meek and humble of heart” (Matthew 11:29) You are God, yet You became little out of love for me. So I desire to become little for love of You. Help me to be honest about my strengths and weaknesses. May You be glorified in everything that I do!

Humility: Awareness that all one’s gifts come from God and appreciation for the gifts of others.

A humble person does not deny that they have gifts, they just recognize that they are from God and therefore it is their responsibility to use them to help fulfill God’s Will. When someone can see their gifts in a proper perspective, they are also able to acknowledge their areas of weakness, too. With this comes a natural inclination to see others’ talents and be happy for them because they too are from God who has created us all with different gifts, so we can work together to build the Kingdom of God!

Opposing traits of humility:

- failing to recognize the gifts of others
- being too proud or having false humility.

Ways to cultivate humility:

- show deference to others
- acknowledge the accomplishments of others
- look at one’s strengths and weaknesses honestly

Saint quotes on humility:

“It was pride that “changed angels into devils; it is humility that makes men as angels.” Saint Augustine

“The truly humble reject all praise for themselves, and refer it all to God” St. Alphonsus Liguori

“He who wants to learn true humility should reflect upon the Passion of Jesus.” St. Faustina

“Humility is the foundation of all the other virtues hence, in the soul in which this virtue does not exist there cannot be any other virtue except in mere appearance.” St. Augustine

“The most powerful weapon to conquer the devil is humility. For, as he doesn’t not know at all how to employ it, neither does he know how to defend himself from it.” St. Vincent de Paul.

Saint of the Month: The Blessed Mother Mary

Mary is the ultimate example of humility. When the angel Gabriel came to her to tell her that she was going to be the Mother of God her reaction was one of total humility, “And Mary said: Behold the handmaid of the Lord: be it done unto me according to thy word.” Luke 1:38 Also, when she is greeted by her cousin, Elizabeth, as the Mother of the Lord, she says what we now know as the prayer of the Magnificat wherein she praises God for all of the great things He has done for her. (Luke 1: 46-55)

To this day, Mary is still bringing us to the Lord in the Rosary which is a meditation on the life, ministry, death and resurrection of the Lord. When other churches say that we worship Mary, they have it all wrong. We honor her as the Mother of God who brought us Jesus and continues to bring us to Him today.