



*"For every one who exalts himself will be humbled,
but the one who humbles himself will be exalted."*

XXII Sunday, Gospel of Luke 14:1, 7-14

Reflecting on today's Gospel on humility, reminded me of the little ways and the Story of the Soul of St. Therese. And at the same time the teaching of St. Teresa of Avila on humility.

St. Therese says, and I quoted "We must never search for what seems big in human eyes." For "What matters in life is not great deeds, but great love."

Nowadays, in social media, you can most often see how people brag on their achievements, accomplishments, and possessions. You can notice clearly the emphasis on status that can bring you to a higher place. Level much greater than the rest and attention to self-enrichment, but failed to see one's flaws, misery, brokenness, sinfulness and the truth that we are nothing before God.

St. Teresa of Avila says: "Once I was pondering why our Lord was so fond of this virtue of humility, and this thought came to me... it is because God is supreme Truth; and to be humble is to walk in truth, for it is a deep truth that or ourselves we have nothing good but only misery and nothingness. Whoever does not understand this walks in falsehood. The more anyone understands it the more he pleases the supreme Truth because he is walking in truth. (IC VI, 10,7).

Sadly, our time is now in a dilemma on honesty, transparency and truth. It does not favor to walk in truth. We are mesmerized by what glitters, what shines and what is above. It costs us to be still, to pause, to reflect, to pray and to look at ourselves deeply, and honestly. We are too proud of what we become, very evident in conflict among nations, on our insensibility to the truth that we are one big family. *Isaiah 66:2* reminded us "*This is the one I esteem; he who is humble and contrite in Spirit, and trembles at my word.*"

Let us beg for God's mercy and compassion to make us humble of heart.

And I end this reflection getting a portion on the prayer of St. Therese of the Child Jesus on humility, and I quoted

"...How cold is my heart toward Thee; filled as it is with temporal and earthly concerns and the greatest self-love, there is no room left for a heroic love of God and my neighbor. What a miserable and wretched being I am! Thou, infinite majesty itself, most holy and most perfect, art most humble of heart; I, wretchedness and sin, am proud and conceited, and therefore also without peace of heart. Thou should verily turn away Thy beautiful countenance from me, because I possess so little virtue. And yet I consider myself better than others, and even venture to criticize and belittle them! I know my own misery, and still I expect to be esteemed and praised, and even preferred to others! The least humiliation and neglect on the part of others pains me, and Thou art so humble, so forbearing, and so patient with the children of men! Divine Heart of my most loving Jesus infuse into me true humility and a right knowledge of myself, so that I may deserve to find one day favor in Thy sight. Give me grace to be humble and simple like a child, if I wish to go to the Father. Amen.

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