Humility in Practice

I don't think I'd be on my own in admitting that we sometimes equate "being humbled" with humiliation. Being and feeling humble, and feeling or being humiliated, are not the same thing at all - not even close!

Indeed, throughout the Gospels we can learn about the importance of leading a humble life being equivalent, in many ways, to living a righteous life; they are synonymous. And Jesus is living proof of what God means by humility.

Indeed, the Old Testament and Gospel riders speak of the rewards of practicing humility: Proverbs 11:2 mentions humility being a prerequisite to finding wisdom. James 4:10: *"Humble yourselves in the sight of the Lord, and He will lift you up"*. Paul's letter to the Philippians 2:3: "*Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves*". Matthew 5:3 tells us that the poor in spirit will be blessed.

Humility isn't about self-abasement - how lowly **we are**… It's much more about recognising how great **God is**.

Humility requires an honest self-awareness - recognising the good and the bad within each of us, and making some adjustments in the way we live. And putting the welfare of others ahead of our own, whenever the two conflict.

Humility opens doors to other virtues, such as being more open to hearing and understanding what God needs from us, as individuals and as a family of Christians. It also

bestows some benefits as well: we are more open to receiving God's Grace in all its fullness.

Thought for the Week: So how do we live a humble life? The simple answer is to live our earthly life as Jesus lived His. At which point I hear the cry in the back of my head - "*Easy to say; not so easy to do*" … But I've come to understand that, for me, the main things to consider include:

- Treating everyone with respect, chiefly by listening to their points off view, even when they are entirely contrary to our own - we may never ultimately agree - we don't have to - but there's always something to learn and maybe reconsider!
- Value others from all backgrounds, regardless of social standing or status, as we would hope to be valued by them (regardless of our circumstances).
- Love and trust Jesus, as our friend and mentor, and emulate him as His representatives in the here-and-now

I found a quote (which was unattributed) which, I have adapted as a short prayer: ***"Lord, as a believer, I am called to have the same mindset as Christ Jesus; help me to respond, in every situation, as He would respond, in all my relationships and actions".***