

Benedictine Spiritual Practice of Humility **Saint Raphael Parish**

It is humility that takes us beyond the myth of our own grandeur to the grandeur of God!

St. Benedict's chapter on humility is one of the longest in the *Rule*. He gives us twelve degrees of humility (like steps on a ladder) that lead us to a greater understanding that the world does not revolve around us and that God is in charge.

Our society often invites us to idolize power, material things and prestige. If we are humble, we are aware that it is not our place to dominate or control others.

St. Benedict wants us to be honest about who we are so he asks us to admit our faults and offenses. He tells us that in being humble we do not lose personal dignity or the fact that we are God's beloved. "We merely remember that we are the creature and not the Creator and try to act accordingly. This may be countercultural, but it is not demeaning. It is freeing. It is a part of humility to admit that we are not in control. There is suffering in our life and often we cannot alleviate it or even understand the 'why' of it. At that point we must enter into the mystery of suffering, talk to God about it, and endure it with God's help. St. Benedict would consider that humility." (*Reaching for God, The Benedictine Way of Life*, Roberta Werner, OSB)

St. Benedict asks us to be honest about ourselves, ridding ourselves of arrogance and pride. He asks us to realize that we are all equal in God's eyes and not consider ourselves better than others and not to judge others, *remembering the beam in our own eyes*.

Over the next few weeks this "Benedictine Corner" will break down and reflect on the 12 steps of humility offered to us by St. Benedict in his Rule.

Until then, we may want to reflect on these thoughts: *Humility is truth and on this ladder of humility we descend by pride and ascend by humility.*

"The first step of humility is unhesitating obedience which comes naturally to those who cherish Christ above all."

St. Benedict of Nursia