

On Humility ... From the Rule of St. Benedict, Ch. 7

This week we resume the commentaries on the Rule of St. Benedict Chapter 7 On Humility, where we left off before Christmas.

The following is taken from *“Commentary for Benedictine Oblates on the Rule of St. Benedict by G. A. Simon)*

The seventh step of humility is that we consider ourselves lower and of less account than anyone else, and this not only verbally but also within our hearts, humbling ourselves and saying with the Prophet, “But I am a worm and no man, the scorn of men and the outcast of the people.” (Psalm 21{22}:7) ... And again, “It is a blessing that you have humbled me, that I may learn from your commandments.” (Psalm 118 {119}: 71,73).

The seventh degree of humility finds its complete application only in sainthood. It is indeed true that at certain moments, during prayer, the thought of God and His bounty, of our sins and ingratitude, puts our finger as it were on our wretchedness and our nothingness. But that, unfortunately, is only a passing thing. What St. Benedict would wish for us is to establish ourselves in that sentiment in a permanent way. We must, therefore, work for it; for all of us, whoever we are, are called to sainthood.

...the great teacher of humility is God. It is he who, when we respond to his grace and when we open our eyes “to the deifying light” makes us see what we are worth. And this humiliation is itself a mark of his love. That is why St. Benedict makes us say with the psalmist, “It is good for me that you have humbled me!” ...Humility renders us more teachable. And that is why God reveals himself by preference to the humble. Their heart is wholly disposed to listen to him, to be penetrated with his will, and to follow Christ wherever he wants to lead them.