

# WHAT IS... HUMILITY?



# HUMILITY

- Humility is the *dwelling place* of charity (love)
- It is essential to being a true Christian
- “If you ask me what the most essential element in the teaching and morality of Jesus Christ, I would answer you: the first is **humility**, the second is **humility**, and the third is **humility**” - St. Augustine



# HOW DO WE LIVE OUT HUMILITY?

- Love others in the same way that God loves you and strive to serve others
- In difficult situations, try to look at it from another point of view instead of your own
  - This can help us whenever we feel that others aren't paying attention to us, when we are corrected for a mistake, or when we get jealous of other people



# WHY SHOULD WE BE HUMBLE?



- Not being humble (prideful) leads us to be restless and dissatisfied with life
- Happiness comes when we think about others more than ourselves
- Humility helps us to depend on God when life gets hard (illness, limitations, faults)
- It also allows us to remember that we are daughters of God



# ★ WHY SHOULD WE BE HUMBLE?

## (CONT'D)

- We are able to have more joy and peace and show greater respect and love for the people around us
- By being humble, life becomes easier because we realize that we don't have to do everything on our own

