

## HUMILITY IS WALKING IN TRUTH

Truth and self-knowledge



### REFLECTION

*Humility is the virtue of knowing one's own limitations and weaknesses and acting in accordance with that knowledge, without boasting about one's abilities or achievements.*

The Teresian vision elevates this definition from Teresa's experience, which tells us that **a humble person is one who recognizes what he or she can do and what God can do in him or her.**<sup>1</sup>In other words, our gaze is always to choose to love, for without love there is no humility, and the more one wants to love, the more one will ask God to do his will and recognize that it is his grace that works through us.

St. Henry and St. Teresa warn us that finding the means to become humble is a constant task: doing what no one else wants to do, serving those who are most difficult for me, not looking for excuses for my actions, accepting reality... You cannot hide anything from God. Do everything for Him and for His sake, and the path will straighten out.

Humility also means letting go of the pride that makes us believe we don't need others and the arrogance that makes us think we are always right.



### TEXT FROM THE WORD Mt 20:20-28

*Jesus said to them, "I assure you that you will suffer greatly, just as I have. But only my Father decides who will be the most important in my kingdom. That is not for me to decide.*

*When the other ten disciples realized this, they became angry with James and John. Then Jesus called them all together and said to them, "You know that those who rule over the nations act as their masters, and that the great lords impose their authority on those people. But among you it should not be so.*

***On the contrary, if any of you want to be important, you will have to serve others. If anyone wants to be first, he must be the slave of all. I, the Son of Man, do this. I did not come into this world to be served, but to serve others. I came to give my life for the salvation of many.***

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1. Relations No. 28 (book by Saint Teresa of Avila)



## CHARISMATIC TEXT

### SAN ENRIQUE DE OSSÓ EO

### DOC OF PERFECTION CHAPTER XIII

*"If you fall into sin, rise up peacefully and quickly and exclaim: Lord, it is grass from my garden, my Jesus, mercy and amendment. If I had been humble, I would not have fallen. I would rather die than offend you, but if, unfortunately, I fall again, I would rather die a thousand times than lose the confidence to amend my ways and regain your friendship.*

*Aspire to be courageous souls, detached from yourselves and from all things, ready for any sacrifice."*

## QUESTIONS FOR PRAYER

**In which parts of the text did I feel my heart beating most strongly? What might God be saying to me in this?**

**In what ways do I realize that I am seeking God's will and not my own desire?**

**In the face of my crosses and sufferings, am I willing to let Jesus accompany me, or do I want to carry them forward on my own?**

**What personal attitudes has God helped me cultivate in my life, which I know can contribute to building a more humane world?**



## **DANCE AND STOP WITH THE STORIES (Hakuna)**

Don't let a single stone on the road trip you up  
Don't tie yourself down to anything, there's no time to let the  
opportunity pass  
There's no excuse not to serve others  
Always smiling, never letting complaints in

An angel has taught us how to fly  
If you carry the cross on your back, there's no reason for anyone to  
notice  
If this isn't our league, then what do you want to hold on to?

**Just dance and forget about the stories**  
**Even if you're not in control**  
**Whatever the song**  
**Let yourself go in the dance hall**  
**Let yourself go, let him lead the way**  
**He wants to dance with you too**

If suffering is for love, the pain is different  
Give yourself over completely, soak up this source  
Inexhaustible, infinite, from which strength is always drawn  
It is God the Father who calls out to you, who accompanies you in  
whatever you choose

Every second could be your last, it's time to get up  
Live pouring out, pouring out the whole cup  
Let not a single drop be spared  
Seek creativity, the earthly can wait  
Remember that not signing your name is the best way to sign

**Just dance...**

Remember that we are eternal  
Remember that time is not ours  
Remember that Heaven is open  
It's up to you to let hundreds in

**Just dance and forget about stories**  
**Even if you're not in control**  
**Just dance, no matter what happens**  
**Put your heart in their hands**  
**Whatever the song**  
**Let yourself go in the dance hall**  
**Let yourself go, let them lead the way**

**Just dance...**

