



“He has put down the mighty from their thrones, And exalted the lowly.” – Luke 1:52



What is Humility?

Humility is a necessary virtue

- “If a man lacks extreme humility, if he is not humble with all his heart, all his mind, all his spirit, all his soul and body – he will not inherit the kingdom of God.”
(St. Anthony the Great)
- Fruit tree





Humility is a necessary virtue

- It heals
- “Believe that dishonors and reproaches are medicines that heal the pride of your soul, and pray for those who reproach you, as for true physicians of your soul, being assured that he who hates dishonor, hates humility, and he who avoids those who grieve him, flees from meekness.”
-- (Dorotheus, hermit of Egypt)
- It gives rest to a soul
- “Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.” (Matt. 11:29)

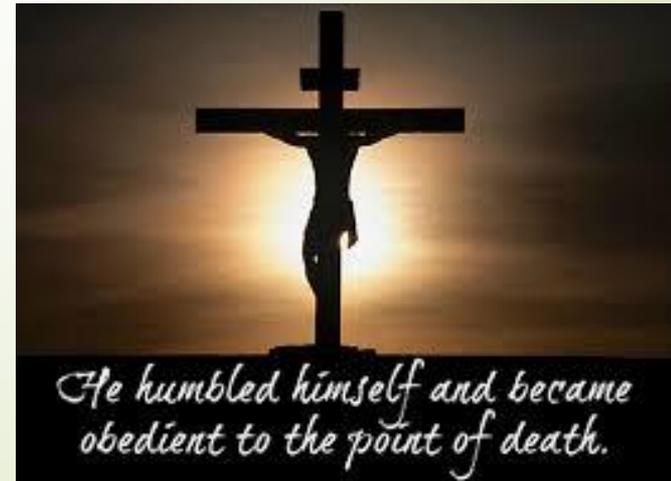


Humility is the opposite of Pride

- ▶ “According to Christian teachers, the essential vice, the utmost evil, is Pride. Unchastity, anger, greed, drunkenness, and all that, are mere flea bites in comparison: it was through Pride that the devil became the devil: Pride leads to every other vice: it is the complete anti-God state of mind... it is Pride which has been the chief cause of misery in every nation and every family since the world began.” (C.S. Lewis)

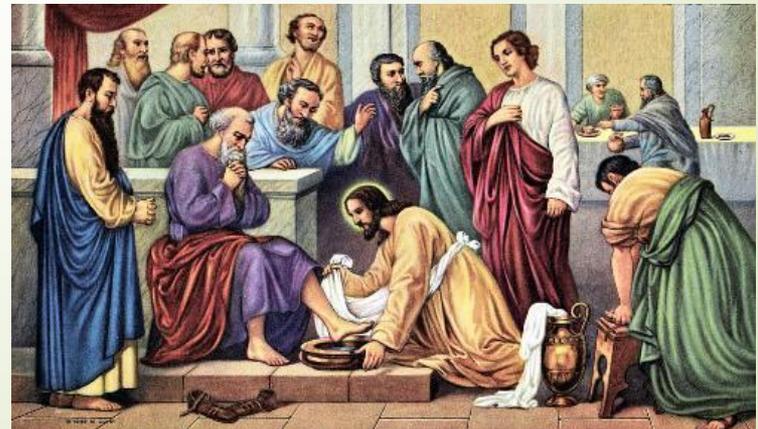
Humility comes from God

- ▶ “...for in the beginning the thing that caused downfall from heaven was a movement of pride.” (St. Anthony the Great)
- ▶ Eve
- ▶ The Lord Jesus Christ
 - ▶ His humanity, childhood, conviction, and crucifixion



Humility comes from God

- The Lord washed the disciple's feet
- “If I do not wash you, you have no part with Me.” (Jn. 13:8)
- “If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have given you an example, that you should do as I have done to you.” (Jn. 13:14-15)





Features of the Humble

- **Does not consider anyone lower than himself**
- “Now Mary arose in those days and went into the hill country with haste, to a city of Judah, and entered the house of Zacharias and greeted Elizabeth.”
(Lk. 1:39-40)
- The humble is not interested in ranking things based on value
- Raises others up

Features of the Humble

- **The more spiritual, the more humble**
- “The more the saints approach God, the more they see themselves as sinners.”
(Dorotheus of Gaza)
- Father Abraham
- Daniel the Prophet
- St. Peter





Features of the Humble

- **Does not consider himself worthy**
- “For He has regarded the lowly state of His maidservant...” (Lk. 1:48)
- “Also He spoke this parable to some who trusted in themselves that they were righteous, and despised others...” (Lk. 18:9)
- ‘God, I thank You that I am not like other men—extortioners, unjust, adulterers, or even as this tax collector. I fast twice a week; I give tithes of all that I possess.’ (Lk. 18:11-12)



Features of the Humble

- **Everything one has is received from God**
- “For He who is mighty has done great things for me, And holy is His name.” (Lk. 1:49)
- Our spiritual life begins with realizing our poverty
- “Blessed are the poor in spirit, for theirs is the kingdom of heaven.” (Matt. 5:3)
- “For who makes you differ from another? And what do you have that you did not receive? Now if you did indeed receive it, why do you boast as if you had not received it?” (1 Cor. 4:7)



Conclusion

- Features of humility
 - Does not consider anyone lower than himself
 - The more spiritual, the more humble
 - Does not consider himself worthy
 - Everything one has is received from God
- “Humble yourselves in the sight of the Lord, and He will lift you up.”
(Jam. 4:10)