

22nd Sunday Y C 28th August 22. YC Humility a basis for Happiness

Humility is the mother of all virtues; It is in being humble that our love becomes real, devoted, and ardent. If you are humble nothing will touch you, neither praise nor disgrace, because you know what you are. *Mother Teresa*

The Bible says that true humility and fear of the Lord “lead to riches, honor, and long life” Proverbs 22:4. In both the Old and New Testaments, **humility is essential for establishing a right relationship with God and other people**. Humility is also necessary for maintaining a proper perception of ourselves. When we are humble, God is happy with us, people are happy with us, and we are happy with ourselves.

In our first reading God was personified as wisdom, advising us his children, to perform our tasks with humility and we will be favored by all.

It's unfortunate, many of us embark on the project of seeking momentary pleasure instead of happiness. We are bragging with the life that was not ours, with the knowledge that should be used for common good, with our material achievement, we are full of Pride and self-centeredness (egoistic). Pride can demote an angel to be Satan and humility can elevate an evil man to an angel.

Matthew Kelly in his book “The Biggest Lie in the History of Christianity” said,

Getting what I want doesn't make me happy

Focusing on myself almost never leads to happiness

I am never happy when I pretend to be someone I am not

The more I help others in their quest for lasting happiness, the happier I seem to be

Anything that helps me become a better – version of myself makes me happy, even if it is difficult or painful. The only way to true happiness is humility.

We are all made in the image and likeness of God, so going by our original nature we are supposed to be humble just as Jesus Christ whose humility is per- excellence. “Though he was in the form of God, **did not regard equality with God something to be grasped**. Rather, he emptied himself, taking the form of a slave, coming in human likeness; and found human in appearance, he humbled himself, becoming obedient to the point of death, even death on a cross”. Phi. 2:6-11. We see in his mother that humility, when she submitted to the Will of God in totality. In the Eucharistic celebration we offer a humble sacrifice which it's being express from the liturgical gesture: from the entrance, Collect and during consecration.

In 1Chronicle 29:20 King David and all the assembly bowed low and did homage to the Lord. Exodus 34:8 Moses made haste to bow low toward the earth and worship God. The centurion officer said I am not worthy that you should come under my roof but only say the word and my servant shall be healed. Luke 7:6-7. In our case, we are not worthy to stand before you Jesus during the consecration, so we kneel acknowledging our nothingness. We can only relate to God

through humble sacrifice like in the story of the Pharisee and the tax collector in the gospel of Luke 18:9-14. The Pharisee was full of himself, and the tax collector came with humble and contrite heart. At the end it was the tax collector that got connected with Jesus.

It was *Charles Caleb Colton* an English cleric, writer and collector who said, "The greatest friend of truth is Time, her greatest enemy is Prejudice, and her constant companion is Humility." "Humility is the ability to give up your pride and still retain your dignity." "Humility isn't denying your strengths; it's being honest about your weaknesses."

St. Augustine of Hippo said If you should ask me what the ways of God are, I would tell you that the first is humility, the second is humility, and the third is humility. Not that there are no other precepts to give, but if humility does not precede all that we do, our efforts are fruitless.

Today's first Reading exalts this virtue as necessary in our relationship with God. God rewards the humble. Humility does not mean self-depreciation or cowardness. It is a recognition that all we are and have comes from God. *St. Augustine* said, **the sufficiency of my merit is to know that my merit is not sufficient.** And *Aristotle* said, "the more I know, the more I realize I know nothing".

If this is our attitude to life, we shall live in peace with one another and enrich one another with the gift of ourselves. No wonder Jesus said in the Gospel "For everyone who exalts himself will be humbled, and who humbles himself will be exalted." Luke 14:11

Beloved in Christ God wants us to experience happiness greater than we have ever experienced before in life. To go to Mount Zion and the city of the living God, the heavenly Jerusalem, as the author of Hebrew stated in our second reading, we need humility. *Confucius* a Chinese Philosopher and politician said, Life is simple, but we insist on making it complicated.

We pray for the grace to live a humble and simple life as a fountain of our happiness in life.

Piece!

Fr. Jingbe Simon