

May 15, 2025

Daily Reflections

Journeying through Easter



Center for Spiritual Development

TO LIVE IN HUMILITY

By Sr. Jane DeLisle, CSJ

An Excerpt from Today's Gospel and a Quote

When Jesus had washed the disciples' feet, he said to them:

*"Amen, amen, I say to you, no slave is greater than his master
nor any messenger greater than the one who sent him.*

If you understand this, blessed are you if you do it."

JOHN 13:16-17

"Humility is a powerful virtue that lies at the heart of the Christian faith. It is often described as the quiet strength that allows us to recognize our dependence on God and the needs of others around us. In a world that frequently celebrates self-promotion and personal achievement, humility reminds us of our true place in the grand tapestry of life. Embracing humility not only enriches our relationships with others but also deepens our connection with God."

PRAYER LIFT BY BROWN KELLY

Reflection

As I reflect on my human reality in all its weaknesses and resilience, I notice that sometimes humility seems to be in short supply. Yet, this is the grace so desperately needed in all the turmoil of my life and that of humanity. Jesus Risen invites me to live in the manner of Jesus so to accomplish God's desire, ***"that all may be one."*** As noted in John 17:21, this is the mandate of Jesus given in the last discourse. The washing of the feet is an act of humility coming from Jesus' own sense of mission and purpose. Jesus is the humble reflection of the heart of God for us all.

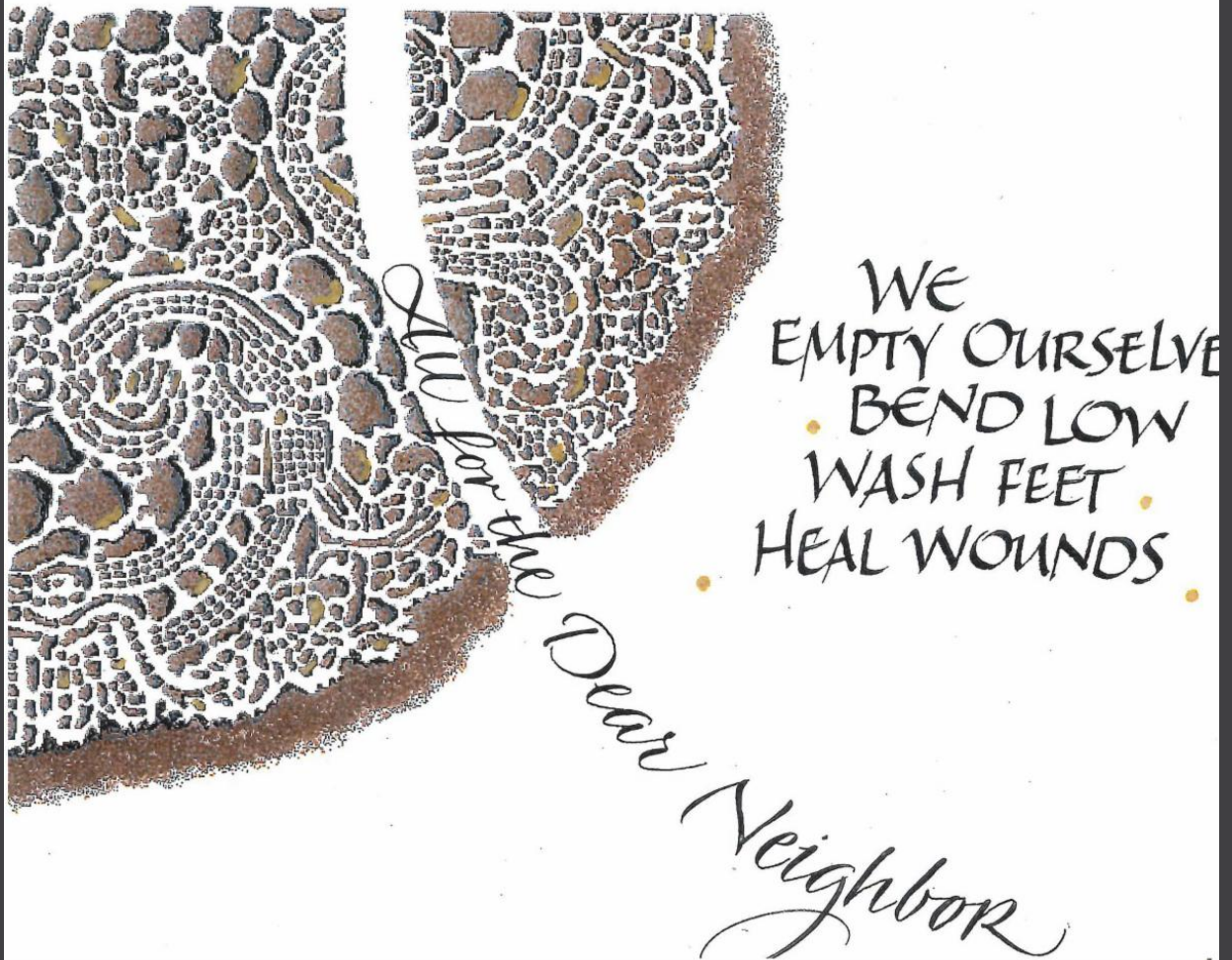
We were given a vivid ritual to demonstrate the manner of being disciples, a friend of Jesus, the People of God. We are now the ones to proclaim by our lives the vision of God given to us in Jesus. Reverencing the life of each person, no matter their circumstance, status, or behavior, requires great humility at the expense of one's pride and prejudices. Humility, although necessary for a good life, is not easy. So, I pray for the grace of humility that sees the other as a treasured gift of God, and myself as well.

The founder of the Sisters of St. Joseph left us 100 Maxims of Perfection to guide our living into the person God created us to be. These maxims are challenging to my ego drive and make perfect sense for a life lived in, through, and with the Holy Spirit.

Living in the manner of Jesus is to live the interior pattern of Jesus' being, not so much to copy what he did. The interior disposition of Jesus' inner life and motivation was one of humility -- that is, meekness, modesty, unpretentiousness, and lacking self-centered pride. Humility enabled Jesus to know who he truly was in all his fullness: the son of God. Humility opened his heart to listen and respond to the Father. 'I do and say what the Father gave me to do and speak. I resemble God, my Father.' Jesus modeled *'the way, the truth, and the life'* (John 14:6) we seek. We, also, are to live in intimate relationship with God.

I suggest Maxim 6 for our reflection today. It offers us the "school of humility" to shape our manner of living rooted in God. It is a maxim one never outgrows.

"Put aside your old self" "so that you can put on the new," (Eph. 4:22-24) and accordingly lead a life dead to the world and to self-love, full of gentleness, humility of heart, true sincerity, modesty, interior and exterior peace, and of charity toward the neighbor; in a word, (a life) completely modeled on the holiness and the pleasing virtues of Jesus which you should develop in yourself. Thus, you can by grace draw many people who will profit by your



Art by Sister Sarah Jordan, CSJ

For Pondering

Ask yourself:

- What draws and attracts me?
 - What do I resist?
 - What challenges me personally?
 - What is God's invitation to me today?
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For Prayer

Pray and/or write a response to this invitation to humility before God.

Humility Prayer

*God, I am far too often influenced by what others think of me.
I am always pretending to be either richer or smarter or nicer
than I really am.*

Please prevent me from trying to attract attention.

*Don't let me gloat over praise on one hand
or be discouraged by criticism on the other.*

*Nor let me waste time weaving imaginary situations
in which the most heroic, charming, witty person present is myself.*

Show me how to be humble of heart, like you.

AUTHOR UNKNOWN

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