

## **Commentary on the Gospel for Sat, Mar 10th 2018**

### **HUMILITY**

One of the rarest qualities of people is genuine humility. It seems to be a part of our psychological survival to be proud or vain. One can appear to be humble but in reality one is just submissive and subservient. There is also the so-called humility with a hook in which we engage in self-deprecating statements hoping for someone to contradict us. The ego is so pervasive and is so wily that it insinuates itself into our actions and thoughts in disguised ways. Actually, one cannot be humble unless one has a healthy self-esteem. Someone puts it this way: One cannot be humble if one does not have something to be proud of. Actually a genuinely humble person has a healthy self-esteem that comes from an - honest self-knowledge and self-acceptance. Humble people have an inner security which is immune to flattery and blame. Unlike people who are innerly insecure, they do not need to put up a front, a false façade to hide their insecurity. They do not have to flaunt their achievements and accomplishments. They are also not easily insulted or humiliated, because they know who they are and what people say does not make them grow or diminish even a single inch. **HUMILITY IS TRUTH.**

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