



Humility is one of the most fundamental virtues in the Christian life, yet it is perhaps the most misunderstood in our society. In a world where success, recognition, and self-assertion are upheld as the highest goals, humility can seem like a weakness or even a lack of self-esteem. However, from a Christian perspective, humility is the cornerstone upon which all other virtues are built.

The Catechism of the Catholic Church reminds us in paragraph **2546**:

*“Blessed are the poor in spirit” (Mt 5:3). The Beatitudes reveal an order of happiness and grace, of beauty and peace. Jesus exalts the joy of the poor, to whom the Kingdom already belongs.”*

This beatitude teaches us that true greatness is not found in self-sufficiency but in recognizing our total dependence on God. Humility is the foundation upon which God builds His work in us.

## 1. What Is Humility?

Humility is not merely an attitude of modesty or a false sense of insignificance. St. Thomas Aquinas defines it as the virtue that “moderates the appetite for excellence” (*Summa Theologica*, II-II, q. 161). It does not mean despising oneself but having a realistic view of our nature: we are God’s creatures, with gifts and talents, but also with fragilities and limitations.

St. Augustine beautifully expressed this truth:

*“If you ask me what is the most essential in the religion and discipline of Jesus Christ, I will answer: the first thing is humility, the second is humility, and the third is humility.”*

Humility allows us to recognize that everything we have comes from God and helps us live with gratitude and trust in Him.



## 2. Jesus, the Supreme Model of Humility

If there is one person who embodies humility in its fullest expression, it is Jesus Christ. Though He was God, He did not hesitate to humble Himself and take on our human condition to save us. St. Paul explains this in his Letter to the Philippians:

*“Have among yourselves the same attitude that is also yours in Christ Jesus, who, though He was in the form of God, did not regard equality with God as something to be grasped. Rather, He emptied Himself, taking the form of a servant” (Phil 2:5-7).*

From His birth in a manger to His triumphal entry into Jerusalem riding on a donkey, Jesus gives us the greatest example of humility. He did not seek power or human glory but rather to do the will of the Father.

When Jesus entered Jerusalem before His Passion, the people acclaimed Him as King, but He knew that His kingdom was not of this world. The Pharisees and priests expected a glorious Messiah who would conquer with force, but Jesus showed that true greatness lies in service and sacrifice. This radical humility is what saves us.

## 3. Humility in the History of the Church

From the early Christians to the great saints in history, humility has been the distinguishing mark of Christ’s followers.

St. Francis of Assisi renounced all his riches to live as a poor man among the poor. St. Thérèse of Lisieux taught us the “little way” of humility, trusting entirely in God’s mercy. St. John Vianney, though not academically brilliant, became a great saint because he completely surrendered to God’s will.

All these examples show us that holiness is not achieved by our own merits but by God’s grace, which He pours out upon humble hearts.



## 4. Humility in Daily Life

How can we live humility in our everyday lives? Some concrete attitudes help us:

1. **Recognizing our dependence on God:** Praying daily with an open heart, acknowledging that without God, we can do nothing (Jn 15:5).
2. **Accepting our limitations:** Not always insisting on being right or appearing perfect.
3. **Serving without expecting rewards:** Jesus washed His disciples' feet; we must be willing to do the same.
4. **Avoiding vanity and seeking applause:** Not looking for recognition for our good actions.
5. **Forgiving and asking for forgiveness:** Pride prevents us from acknowledging our faults; humility leads us to reconciliation with God and others.

Humility does not mean living without ambitions but rather orienting our goals according to God's will. A businessman, a teacher, a doctor, or a student can live humility if they put their talents at the service of the common good without seeking personal glory.

## 5. Humility and True Happiness

In a world obsessed with success, humility is revolutionary. It frees us from the burden of self-expectation and allows us to live in peace with ourselves and with God.

St. Teresa of Ávila said:

| *"Humility is to walk in truth."*

When we live in humility, we recognize our identity as children of God, value others, and find true joy in serving.

Jesus promises us that "the poor in spirit" (the humble) are blessed because theirs is the Kingdom of Heaven. This is not just a future reward but a happiness that begins here and now when we stop living for ourselves and start living for God.



## Conclusion: A Call to Humility

Humility is not optional in the Christian life; it is the foundation of all virtue. Without humility, there is no true faith, love, or hope. Jesus taught us with His life that “whoever humbles himself will be exalted” (Lk 14:11).

Today, in a world that exalts ego and self-sufficiency, humility remains a countercultural path, but it is the only one that leads to true happiness. Let us follow Christ’s example, imitate the saints, and ask God for the grace to be humble so that He may work in us.

For only the humble can truly say: *“Lord, let Your will be done, not mine.”*