

**22ND SUNDAY ORD. (C)**  
**“LEARN FROM ME, FOR I AM MEEK AND HUMBLE OF HEART”**

Humility is one of the virtues which very few people find it attractive. It is related to honesty. The first reading and the gospel teach us about the importance of being humble, and the benefits derived from it. The wise man of the Old Testament gives the advice that to find favour with God is for one to humble himself. One is loved more when one does his things with humility.

Jesus also advised those invited to a banquet how to behave with humility. He told them not to take high positions, but low ones when invited to functions. Before then He had told His disciples to learn from Him, because He is meek and humble of heart, and they would find rest for their souls; (Mt.11:29). He explained also that to show humility is to accept the poor and the needy, and those who have nothing to pay back with. There is going to be payment for those who humble themselves at the resurrection of the dead.

St. Paul in his letter to the Philippians said: “Do nothing from selfish ambition or conceit, but in humility regarding others better than yourselves...Let the same mind be in you that was in Christ Jesus, who though He was in the form of God, did not regard equality with God, but emptied Himself, taking the form of a slave, being born in human likeness,” (Phil.2:3-6). God became man, but He was raised and His name is above every other name.

It is believed that pride led to the downfall of our first parents, Adam and Eve, because they wanted to be like God. To be arrogant or proud, which is the opposite of humility, is to make one's self god. It leads to looking down upon people, despising and rejecting them. This happens when one feels more important than the other, or because he has more privileges than the other person. But Ben Sirach advises, “Humble yourself the more, the greater you are, and you will find favour with God. There are many who are noble and renowned, but it is to the humble that He reveals His mysteries”.

Many people think that meekness is weakness, and so will always try to prove how strong or important they are. But as Jesus said: “every one who exalts himself will be humbled, and he who humbles himself will be exalted”. The Pharisees and the scribes were often humiliated by Jesus whenever they wanted to trap Him. He exposed their hypocrisy and arrogance.

The second reading talks about the Old Testament covenant which was sealed on Mt. Sinai amidst thunder and lightning, and the New one sealed on Calvary with the blood of Christ. We are invited to the city of the living God, the heavenly Jerusalem where countless angels and saints are assembled with the Trinity present. We are invited to the heavenly banquet to eat and drink without charge.

One qualification to enter into the heavenly Jerusalem is to be humble. Entrance is reserved for those who are humble and praise God for the good things that have come to them through Jesus Christ. St. Francis of Assisi is one of the saints whose lives teach us what humility is. He felt he was not fit to be ordained a priest, so he remained a deacon till he died.

Pride creeps into our lives very subtly so it is important to watch out how we talk, how we receive people, interact with them, and how we treat them. To be humble is to be honest and sincere with ourselves and others. Reflection on death and salvation will also help us to be meek and humble of heart.