



JUST A GUY IN THE PEW
THE NARROW ROAD.

APRIL 2021 | HUMILITY





THE NARROW ROAD

THE EVERYDAY GUIDE FOR THE EVERYDAY GUY



TABLE OF CONTENTS

OPPORTUNITY FOR GRACE CHART	6
REFLECTION ON THE VIRTUE OF HUMILITY	8
VIRTUE PLAN FOR THE MONTH	9
REFLECTION: HUMILITY WITH GOD	10
WEEK 1	13
REFLECTION: HUMILITY WITH MY WIFE	32
WEEK 2	35
REFLECTION: HUMILITY WITH MY CHILDREN	50
WEEK 3	53
REFLECTION: HUMILITY WITH MY NEIGHBOR	68
WEEK 4	71
HELPFUL PRAYERS	89

OPPORTUNITIES FOR GRACE

DAY	MORNING PRAYER	THE NARROW ROAD	DAILY MASS	CONFESSION	ADORATION	TIME WITH WIFE	TIME WITH KIDS	NIGHT PRAYER/ EXAMEN	SUNDAY MASS
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									



DAY	MORNING PRAYER	THE NARROW ROAD	DAILY MASS	CONFESSION	ADORATION	TIME WITH WIFE	TIME WITH KIDS	NIGHT PRAYER/ EXAMEN	SUNDAY MASS
16									
17									
18									
19									
20									
21									
22									
23									
24									
25									
26									
27									
28									
29									
30									
31									

THE VIRTUE OF HUMILITY

My brothers, after charity, I cannot think of a virtue more vital to growing in holiness than the virtue of humility. This is especially true for men. One of the biggest sins that men struggle with in this life is the sin of pride. In the words of Venerable Fulton Sheen, "Pride is an inordinate love of one's own excellence, either of body or mind, or the unlawful pleasure we derive from thinking we have no superiors. Pride being swollen egoism, it erects that human soul into the separate center of origin apart from God, exaggerates its own importance, and becomes a world in and for itself. All other sins are evil deeds, but pride insinuates itself even unto good works to destroy and slay them. For that reason, Sacred Scriptures says "Pride goeth before destruction" (Prov. 16:18)."

Take a moment to think back on how many times pride has kept you from surrendering to God? How many times has it led to damaged and broken relationships in your life? How many times has it been the cause of pain for your wife and kids? Pride is something that we have to overcome if we are ever going to become the men God created us to be. The greatest remedy for pride is humility. Humility is the quality by which a person considering his own defects has a lowly opinion of himself and willingly submits himself to God and to others for God's sake. Humility is truly adopting the motto that it's not about me. It's about understanding that "the last shall be first and the first shall be last" (Mt 20:16). It is about putting God and others before our own wants and desires.

At first glance, my brothers, it seems as if one would be crazy to choose the path of humility. It seems nuts to think that willingly denying your own wants and desires for those of others would be the path to true joy and happiness. That is exactly what it is, though. That is why the teachings and actions of Christ are viewed as being so radical. They contradict everything that seems to come natural to us. This is what Jesus meant by telling us to enter through the narrow gate, "For the gate is narrow and the way is hard, that leads to life, and those that find it are few" (Mt 7:14).

The road to holiness was never promised to be an easy one to travel. Ridding ourselves of pride is certainly a difficult path. The secret to it, though, is humility. Yes it is hard to be truly humble, but that is what makes the reward of achieving humility so great. It's about denying oneself, picking up your cross and following Him. So, my brothers, we will spend the next month doing just that. We will spend it putting God, our wives, our children, and others first. The hope is that making humility a priority this month will help you choose to make it one every month moving forward for the rest of your life. We will begin week one working on humility in our relationship with God. Let's work together on becoming part of "the few." I look forward to walking the narrow road of humility with each of you this month!

**In Christ,
John**

VIRTUE PLAN FOR THE MONTH

VIRTUE: HUMILITY

MOTTO:

"He must increase; I must decrease" - St. John the Baptist

ROOT SIN:

Pride

WHERE DO I SEE THIS SIN IN MY LIFE?

1. _____
2. _____
3. _____
4. _____

PLAN TO FORM HUMILITY

WEEK 1: Humility and God

WEEK 2: Humility and My Wife

WEEK 3: Humility and My Children

WEEK 4: Humility and My Neighbor

LITANY OF HUMILITY PRAYER

(Found in the back of the book)

WEEK 1 REFLECTION:

HUMILITY AND GOD

If we are going to take a look at our humility as it relates to God, there is no better place to start than with the words of St. John the Baptist, “He must increase and I must decrease” (Jn 3:30). That is the exact mindset that we must have in our relationship with the Father. We have to understand that there is a God and we are not Him. We need to receive the knowledge that everything that we are and everything we have is gift from God to be used for the purpose of serving Him—and that it is a gift we are not worthy of. John the Baptist knew that well. That’s why he said, “I baptize with water: but among you stands one whom you do not know, even he who comes after me, the thong of his sandals I am not worthy to untie” (Jn 1:26-27). John the Baptist knew that his purpose was to serve God, not to be God. That’s why he sent his own disciples after Christ. He was humble enough to step out of the way and let God work. Now it is time for us to do the same.

Humbling ourselves before God is a hard thing to do for most men. Our egos tell us that we don’t need help from anybody or anything. Some of us were even raised to think it is weak or even pitiful to admit that you have to depend on anyone or anything but yourself. That’s why so many men have to hit rock bottom before they will finally admit they need God. Our pride and our ego, more often than not, keep us from surrendering to God. In the words of St. Augustine, “It was pride that changed angels into devils; it is humility that makes men as angels.” In order to break free from the pride that comes from our fallen nature, we must learn humility.

You may be thinking, “How do I learn how to humble myself before God?” I would tell you, “By looking at the Son of God.” Jesus did everything His Father commanded. He took on flesh and was born into a feeding trough for animals. He was hated and taunted by people who didn’t like Him. He was beaten, tortured, and eventually brutally killed by the very people that He came to save—all so He could say, “the world must know that I love the Father and that I do just as he commanded me” (Jn 14:31). Still today, Jesus is constantly humbling Himself. Each and everyday Jesus makes Himself small in the Eucharist so that He can be one with you. He becomes your very food so that your soul can be strengthened and nourished by Him. Why in the world would we not want to do the same for Him? Why would we not become small so that He could be glorified?

My brothers, this week is all about learning humility as it pertains to God. It’s about stepping out of the way like St. John the Baptist and letting God have His say in your life. We cannot hope to ever achieve true humility in the other important relationships in our lives if we are not willing to humble ourselves before the Father. A good place to start is with the Son. Jesus tell us in Matthew 11:29, “Take my yoke upon you and learn from me, for I am meek and humble of heart and you will find rest for yourselves.” I don’t know about you, but I think that’s pretty good advice. If you are looking for a starting place, flip over to your Opportunities for Grace chart (at the beginning of this booklet) and you’ll find four pretty good ways to humble yourself before the Lord. Humble yourself by going to confession, hit your knees in adoration or at daily Mass, put aside your busy schedule and meet the Lord in prayer. I’m pretty sure any man that has taken the time to do so hasn’t regretted it. Neither will you. Good luck, my brothers. Know I am walking this journey with you and praying for each of you each day.

WEEK 1: HUMILITY AND GOD
APRIL 1, 2021

THOUGHTS FROM THE CHURCH

“He who wants to learn true humility should reflect upon the Passion of Jesus.”

— St. Maria Faustina

 SAY THE LITANY OF HUMILITY PRAYER

GOSPEL

JN 13:1-15 HOLY THURSDAY EVENING MASS OF THE LORD’S SUPPER

Now before the feast of the Passover, when Jesus knew that his hour had come to depart out of this world to the Father, having loved his own who were in the world, he loved them to the end. And during supper, when the devil had already put it into the heart of Judas Iscariot, Simon’s son, to betray him, Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, rose from supper, laid aside his garments, and girded himself with a towel. Then he poured water into a basin, and began to wash the disciples’ feet, and to wipe them with the towel with which he was girded. He came to Simon Peter; and Peter said to him, “Lord, do you wash my feet?” Jesus answered him, “What I am doing you do not know now, but afterward you will understand.” Peter said to him, “You shall never wash my feet.” Jesus answered him, “If I do not wash you, you have no part in me.” Simon Peter said to him, “Lord, not my feet only but also my hands and my head!” Jesus said to him, “He who has bathed does not need to wash, except for his feet, but he is clean all over; and you are clean, but not all of you.” For he knew who was to betray him; that was why he said, “You are not all clean.”

When he had washed their feet, and taken his garments, and resumed his place, he said to them, “Do you know what I have done to you? You call me Teacher and Lord; and you are right, for so I am. If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another’s feet. For I have given you an example, that you also should do as I have done to you.

WEEK 1: HUMILITY AND GOD

APRIL 2, 2021

THOUGHTS FROM THE CHURCH

“God opposes the proud but bestows favor on the humble”

(1 Peter 5:5)

 SAY THE LITANY OF HUMILITY PRAYER

GOSPEL

JN 18:1—19:42 GOOD FRIDAY OF THE LORD’S PASSION

When Jesus had spoken these words, he went forth with his disciples across the Kidron valley, where there was a garden, which he and his disciples entered. Now Judas, who betrayed him, also knew the place; for Jesus often met there with his disciples. So Judas, procuring a band of soldiers and some officers from the chief priests and the Pharisees, went there with lanterns and torches and weapons. Then Jesus, knowing all that was to befall him, came forward and said to them, “Whom do you seek?” They answered him, “Jesus of Nazareth.” Jesus said to them, “I am he.” Judas, who betrayed him, was standing with them. When he said to them, “I am he,” they drew back and fell to the ground. Again he asked them, “Whom do you seek?” And they said, “Jesus of Nazareth.” Jesus answered, “I told you that I am he; so, if you seek me, let these men go.” This was to fulfil the word which he had spoken, “Of those whom thou gavest me I lost not one.” Then Simon Peter, having a sword, drew it and struck the high priest’s slave and cut off his right ear. The slave’s name was Malchus. Jesus said to Peter, “Put your sword into its sheath; shall I not drink the cup which the Father has given me?”

So the band of soldiers and their captain and the officers of the Jews seized Jesus and bound him. First they led him to Annas; for he was the father-in-law of Ca’iaphas, who was high priest that year. It was Ca’iaphas who had given counsel to the Jews that it was expedient that one man should die for the people.

Simon Peter followed Jesus, and so did another disciple. As this disciple was known to the high priest, he entered the court of the high priest along with Jesus, while Peter stood outside at the door. So the other disciple, who was known to the high priest, went out and spoke to the maid who kept the door, and brought Peter in. The maid who kept the door said to Peter, "Are not you also one of this man's disciples?" He said, "I am not." Now the servants and officers had made a charcoal fire, because it was cold, and they were standing and warming themselves; Peter also was with them, standing and warming himself.

The high priest then questioned Jesus about his disciples and his teaching. Jesus answered him, "I have spoken openly to the world; I have always taught in synagogues and in the temple, where all Jews come together; I have said nothing secretly. Why do you ask me? Ask those who have heard me, what I said to them; they know what I said." When he had said this, one of the officers standing by struck Jesus with his hand, saying, "Is that how you answer the high priest?" Jesus answered him, "If I have spoken wrongly, bear witness to the wrong; but if I have spoken rightly, why do you strike me?" Annas then sent him bound to Ca'iaphas the high priest.

Now Simon Peter was standing and warming himself. They said to him, "Are not you also one of his disciples?" He denied it and said, "I am not." One of the servants of the high priest, a kinsman of the man whose ear Peter had cut off, asked, "Did I not see you in the garden with him?" Peter again denied it; and at once the cock crowed.

Then they led Jesus from the house of Ca'iaphas to the praetorium. It was early. They themselves did not enter the praetorium, so that they might not be defiled, but might eat the passover. So Pilate went out to them and said, "What accusation do you bring against this man?" They answered him, "If this man were not an evildoer, we would not have handed him over." Pilate said to them, "Take him yourselves and judge him by your own law." The Jews said to him, "It is not lawful for us to put any man to death." This was to fulfil the word which Jesus had spoken to show by what death he was to die.

Pilate entered the praetorium again and called Jesus, and said to him, "Are you the King of the Jews?" Jesus answered, "Do you say this of your own accord, or did others say it to you about me?" Pilate answered, "Am I a Jew? Your own nation and the chief priests have handed you over to me; what have you done?" Jesus answered, "My kingship is not of this world; if my kingship were of this world, my servants would fight, that I might not be handed over to the Jews; but my kingship is not from the world." Pilate said to him, "So you are a king?" Jesus answered, "You say that I am a king. For this I was born, and for this I have come into the world, to bear witness to the truth. Every one who is of the truth hears my voice." Pilate said to him, "What is truth?"

After he had said this, he went out to the Jews again, and told them, "I find no crime in him. But you have a custom that I should release one man for you at the Passover;

will you have me release for you the King of the Jews?" They cried out again, "Not this man, but Barab'bas!" Now Barab'bas was a robber.

Then Pilate took Jesus and scourged him. And the soldiers plaited a crown of thorns, and put it on his head, and arrayed him in a purple robe; they came up to him, saying, "Hail, King of the Jews!" and struck him with their hands. Pilate went out again, and said to them, "Behold, I am bringing him out to you, that you may know that I find no crime in him." So Jesus came out, wearing the crown of thorns and the purple robe. Pilate said to them, "Here is the man!" When the chief priests and the officers saw him, they cried out, "Crucify him, crucify him!" Pilate said to them, "Take him yourselves and crucify him, for I find no crime in him." The Jews answered him, "We have a law, and by that law he ought to die, because he has made himself the Son of God." When Pilate heard these words, he was the more afraid; he entered the praetorium again and said to Jesus, "Where are you from?" But Jesus gave no answer. Pilate therefore said to him, "You will not speak to me? Do you not know that I have power to release you, and power to crucify you?" Jesus answered him, "You would have no power over me unless it had been given you from above; therefore he who delivered me to you has the greater sin."

Upon this Pilate sought to release him, but the Jews cried out, "If you release this man, you are not Caesar's friend; every one who makes himself a king sets himself against Caesar." When Pilate heard these words, he brought Jesus out and sat down on the judgment seat at a place called The Pavement, and in Hebrew, Gab'batha. Now it was the day of Preparation of the Passover; it was about the sixth hour. He said to the Jews, "Here is your King!" They cried out, "Away with him, away with him, crucify him!" Pilate said to them, "Shall I crucify your King?" The chief priests answered, "We have no king but Caesar." Then he handed him over to them to be crucified.

So they took Jesus, and he went out, bearing his own cross, to the place called the place of a skull, which is called in Hebrew Gol'gotha. There they crucified him, and with him two others, one on either side, and Jesus between them. Pilate also wrote a title and put it on the cross; it read, "Jesus of Nazareth, the King of the Jews." Many of the Jews read this title, for the place where Jesus was crucified was near the city; and it was written in Hebrew, in Latin, and in Greek. The chief priests of the Jews then said to Pilate, "Do not write, 'The King of the Jews,' but, 'This man said, I am King of the Jews.'" Pilate answered, "What I have written I have written."

When the soldiers had crucified Jesus they took his garments and made four parts, one for each soldier; also his tunic. But the tunic was without seam, woven from top to bottom; so they said to one another, "Let us not tear it, but cast lots for it to see whose it shall be." This was to fulfil the scripture,

"They parted my garments among them,
and for my clothing they cast lots."

So the soldiers did this. But standing by the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Mag'dalene. When Jesus saw his mother, and the disciple whom he loved standing near, he said to his mother, "Woman, behold, your son!" Then he said to the disciple, "Behold, your mother!" And from that hour the disciple took her to his own home.

After this Jesus, knowing that all was now finished, said (to fulfil the scripture), "I thirst." A bowl full of vinegar stood there; so they put a sponge full of the vinegar on hyssop and held it to his mouth. When Jesus had received the vinegar, he said, "It is finished"; and he bowed his head and gave up his spirit.

Since it was the day of Preparation, in order to prevent the bodies from remaining on the cross on the sabbath (for that sabbath was a high day), the Jews asked Pilate that their legs might be broken, and that they might be taken away. So the soldiers came and broke the legs of the first, and of the other who had been crucified with him; but when they came to Jesus and saw that he was already dead, they did not break his legs. But one of the soldiers pierced his side with a spear, and at once there came out blood and water. He who saw it has borne witness—his testimony is true, and he knows that he tells the truth—that you also may believe. For these things took place that the scripture might be fulfilled, "Not a bone of him shall be broken." And again another scripture says, "They shall look on him whom they have pierced."

After this Joseph of Arimathe'a, who was a disciple of Jesus, but secretly, for fear of the Jews, asked Pilate that he might take away the body of Jesus, and Pilate gave him leave. So he came and took away his body. Nicodemus also, who had at first come to him by night, came bringing a mixture of myrrh and aloes, about a hundred pounds' weight. They took the body of Jesus, and bound it in linen cloths with the spices, as is the burial custom of the Jews. Now in the place where he was crucified there was a garden, and in the garden a new tomb where no one had ever been laid. So because of the Jewish day of Preparation, as the tomb was close at hand, they laid Jesus there.

WEEK 1: HUMILITY AND GOD
APRIL 3, 2021

THOUGHTS FROM THE CHURCH

“He must increase and I must decrease”

— **St. John the Baptist**

 **SAY THE LITANY OF HUMILITY PRAYER**

GOSPEL

MARK 16:1-7 HOLY SATURDAY AT THE EASTER VIGIL IN THE HOLY NIGHT OF EASTER

And when the sabbath was past, Mary Mag'dalene, and Mary the mother of James, and Salo'me, bought spices, so that they might go and anoint him. And very early on the first day of the week they went to the tomb when the sun had risen. And they were saying to one another, “Who will roll away the stone for us from the door of the tomb?” And looking up, they saw that the stone was rolled back; for it was very large. And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe; and they were amazed. And he said to them, “Do not be amazed; you seek Jesus of Nazareth, who was crucified. He has risen, he is not here; see the place where they laid him. But go, tell his disciples and Peter that he is going before you to Galilee; there you will see him, as he told you.”

WEEK 1: HUMILITY AND GOD
APRIL 4, 2021

THOUGHTS FROM THE CHURCH

“Humility is dependence on God as pride is independence of Him. The humble soul is always the thankful soul.”

— Venerable Fulton Sheen

 SAY THE LITANY OF HUMILITY PRAYER

GOSPEL

JN 20:1-9 EASTER SUNDAY THE RESURRECTION OF THE LORD

Now on the first day of the week Mary Mag'dalene came to the tomb early, while it was still dark, and saw that the stone had been taken away from the tomb. So she ran, and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, “They have taken the Lord out of the tomb, and we do not know where they have laid him.” Peter then came out with the other disciple, and they went toward the tomb. They both ran, but the other disciple outran Peter and reached the tomb first; and stooping to look in, he saw the linen cloths lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb; he saw the linen cloths lying, and the napkin, which had been on his head, not lying with the linen cloths but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not know the scripture, that he must rise from the dead.

WEEK 1: HUMILITY AND GOD

APRIL 5, 2021

THOUGHTS FROM THE CHURCH

“Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves.”

(Matthew 11:29)

 SAY THE LITANY OF HUMILITY PRAYER

GOSPEL

MT 28:8-15

So Mary Mag'dalene and the other Mary departed quickly from the tomb with fear and great joy, and ran to tell his disciples. And behold, Jesus met them and said, “Hail!” And they came up and took hold of his feet and worshiped him. Then Jesus said to them, “Do not be afraid; go and tell my brethren to go to Galilee, and there they will see me.”

While they were going, behold, some of the guard went into the city and told the chief priests all that had taken place. And when they had assembled with the elders and taken counsel, they gave a sum of money to the soldiers and said, “Tell people, ‘His disciples came by night and stole him away while we were asleep.’ And if this comes to the governor’s ears, we will satisfy him and keep you out of trouble.” So they took the money and did as they were directed; and this story has been spread among the Jews to this day.

WEEK 1: HUMILITY AND GOD

APRIL 6, 2021

THOUGHTS FROM THE CHURCH

“To be taken with love for a soul, God does not look on its greatness, but the greatness of its humility.”

— **St. Robert Bellarmine**

 **SAY THE LITANY OF HUMILITY PRAYER**

GOSPEL

JN 20:11-18

But Mary stood weeping outside the tomb, and as she wept she stooped to look into the tomb; and she saw two angels in white, sitting where the body of Jesus had lain, one at the head and one at the feet. They said to her, “Woman, why are you weeping?” She said to them, “Because they have taken away my Lord, and I do not know where they have laid him.” Saying this, she turned round and saw Jesus standing, but she did not know that it was Jesus. Jesus said to her, “Woman, why are you weeping? Whom do you seek?” Supposing him to be the gardener, she said to him, “Sir, if you have carried him away, tell me where you have laid him, and I will take him away.” Jesus said to her, “Mary.” She turned and said to him in Hebrew, “Rab-bo'ni!” (which means Teacher). Jesus said to her, “Do not hold me, for I have not yet ascended to the Father; but go to my brethren and say to them, I am ascending to my Father and your Father, to my God and your God.” Mary Mag'dalene went and said to the disciples, “I have seen the Lord”; and she told them that he had said these things to her.

WEEK 1: HUMILITY AND GOD

APRIL 7, 2021

THOUGHTS FROM THE CHURCH

“The first degree of humility is the fear of God, which we should constantly have before our eyes.”

— St. Louis de Blois



SAY THE LITANY OF HUMILITY PRAYER

GOSPEL

LK 24:13-35

That very day two of them were going to a village named Emma'us, about seven miles from Jerusalem, and talking with each other about all these things that had happened. While they were talking and discussing together, Jesus himself drew near and went with them. But their eyes were kept from recognizing him. And he said to them, “What is this conversation which you are holding with each other as you walk?” And they stood still, looking sad. Then one of them, named Cle'opas, answered him, “Are you the only visitor to Jerusalem who does not know the things that have happened there in these days?” And he said to them, “What things?” And they said to him, “Concerning Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, and how our chief priests and rulers delivered him up to be condemned to death, and crucified him. But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since this happened. Moreover, some women of our company amazed us. They were at the tomb early in the morning and did not find his body; and they came back saying that they had even seen a vision of angels, who said that he was alive. Some of those who were with us went to the tomb, and found it just as the women had said; but him they did not see.” And he said to them, “O foolish men, and slow of heart to believe all that the prophets have spoken! Was it not necessary that the Christ should suffer these things and enter into his glory?” And beginning with Moses and all the prophets, he interpreted to them in all the scriptures the things concerning himself.

So they drew near to the village to which they were going. He appeared to be going further, but they constrained him, saying, "Stay with us, for it is toward evening and the day is now far spent." So he went in to stay with them. When he was at table with them, he took the bread and blessed, and broke it, and gave it to them. And their eyes were opened and they recognized him; and he vanished out of their sight. They said to each other, "Did not our hearts burn within us while he talked to us on the road, while he opened to us the scriptures?" And they rose that same hour and returned to Jerusalem; and they found the eleven gathered together and those who were with them, who said, "The Lord has risen indeed, and has appeared to Simon!" Then they told what had happened on the road, and how he was known to them in the breaking of the bread.

WEEK 2 REFLECTION:

HUMILITY AND MY WIFE

**If you are not married and do not have children, use this week to continue to grow your relationship with God and your neighbor while praying for your future spouse and children.*

Humility in my marriage. Hmmm. Many of us may be cringing trying to think of how many times it has been missing. Chances are, our pride might have even raised its ugly head in our marriage this very day. It is a common occurrence in a lot of marriages and we can be quite certain that it helps lead to many divorces. That is why it is so crucial to learn how to practice humility in our relationship with our wives.

Marriage is supposed to be the coming together of two to become one. In fact, Genesis 2:24 tell us, "That is why a man leaves his father and mother and clings to his wife, and the two of them become one flesh." Without humility this cannot happen. You see, for the two to become one, there has to be sacrifice. There has to be a desire to will the good of the other. There has to be an effort to put the needs of the other first. There must be a laying down of one's pride. St. Paul echos this in Philippians 2:5 when he writes, "Do nothing out of selfishness or out of vainglory; rather, humbly regard others as more important than yourselves." This is one of the most important keys to having a successful marriage.

The problem is most of us don't listen to the words of Scripture. Most of us have been influenced by the lies of the world. Whether we know it or not, we have bought into the idea that we need power, independence, and control. We think that we need to be taken care of first before others. We have been convinced it is all about us. This has no place in our marriages. When we have that mindset we forget how to say things like, "I was wrong." We forget how to tell the one we love the most, "I'm sorry." These are some of the easiest words to pronounce but are the hardest words to say when we are swallowed up by our pride.

The country music singer Travis Tritt has a song entitled "Foolish Pride" that deals with this very thing. It tells of a husband and wife that have had some sort of a fight and even though both long to reconcile with the other, their foolish pride keeps them from acting. Their relationship, as the song says, "goes down" to foolish pride.

The good thing is we have so many ways in which to practice humility in our marriages. We can start to take ownership of our mistakes. We can be the first to say "I am sorry" or "I was wrong." We can choose to sidestep the paths we have been down so many times in conversations that in the past have led to arguments. We can take constructive criticism as just that. We can be okay with not getting to pick the place we eat or choose the show we watch. We can be the one to take the initiative to help the kids with homework or get them to sports practice when both parents have work that needs to be done. We can choose to serve instead of being served.

Humility is what will strengthen our marriages and help us truly put our wives first. It keeps us grounded and, in the words of St. Teresa of Calcutta, "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. If you are blamed you will not be discouraged. If they call you a saint you will not put yourself on a pedestal."

So my brothers, let's put in the work, squash our pride, and become the humble husbands our wives deserve.

WEEK 2: HUMILITY WITH MY WIFE
APRIL 8, 2021

THOUGHTS FROM THE CHURCH

“He humbled himself, becoming obedient to death, even death on a cross”

(Philippians 2:8)

 **SAY THE LITANY OF HUMILITY PRAYER**

GOSPEL

LK 24:35-48

Then they told what had happened on the road, and how he was known to them in the breaking of the bread.

As they were saying this, Jesus himself stood among them, and said to them, “Peace to you.” But they were startled and frightened, and supposed that they saw a spirit. And he said to them, “Why are you troubled, and why do questionings rise in your hearts? See my hands and my feet, that it is I myself; handle me, and see; for a spirit has not flesh and bones as you see that I have.” And when he had said this, he showed them his hands and his feet. And while they still disbelieved for joy, and wondered, he said to them, “Have you anything here to eat?” They gave him a piece of broiled fish, and he took it and ate before them.

Then he said to them, “These are my words which I spoke to you, while I was still with you, that everything written about me in the law of Moses and the prophets and the psalms must be fulfilled.” Then he opened their minds to understand the scriptures, and said to them, “Thus it is written, that the Christ should suffer and on the third day rise from the dead, and that repentance and forgiveness of sins should be preached in his name to all nations, beginning from Jerusalem. You are witnesses of these things.

WEEK 2: HUMILITY WITH MY WIFE

APRIL 9, 2021

THOUGHTS FROM THE CHURCH

“The most powerful weapon to conquer the devil is humility. For, as he does not know at all how to employ it, neither does he know how to defend himself from it.”

— St. Vincent de Paul

SAY THE LITANY OF HUMILITY PRAYER

GOSPEL

JN 21:1-14

After this Jesus revealed himself again to the disciples by the Sea of Tibe'ri-as; and he revealed himself in this way. Simon Peter, Thomas called the Twin, Nathan'a-el of Cana in Galilee, the sons of Zeb'edee, and two others of his disciples were together. Simon Peter said to them, “I am going fishing.” They said to him, “We will go with you.” They went out and got into the boat; but that night they caught nothing.

Just as day was breaking, Jesus stood on the beach; yet the disciples did not know that it was Jesus. Jesus said to them, “Children, have you any fish?” They answered him, “No.” He said to them, “Cast the net on the right side of the boat, and you will find some.” So they cast it, and now they were not able to haul it in, for the quantity of fish. That disciple whom Jesus loved said to Peter, “It is the Lord!” When Simon Peter heard that it was the Lord, he put on his clothes, for he was stripped for work, and sprang into the sea. But the other disciples came in the boat, dragging the net full of fish, for they were not far from the land, but about a hundred yards off.

When they got out on land, they saw a charcoal fire there, with fish lying on it, and bread. Jesus said to them, “Bring some of the fish that you have just caught.” So Simon Peter went aboard and hauled the net ashore, full of large fish, a hundred and fifty-three of them; and although there were so many, the net was not torn. Jesus said to them, “Come and have breakfast.” Now none of the disciples dared ask him, “Who are you?” They knew it was the Lord. Jesus came and took the bread and gave it to them, and so with the fish. This was now the third time that Jesus was revealed to the disciples after he was raised from the dead.

WEEK 2: HUMILITY WITH MY WIFE
APRIL 10, 2021

THOUGHTS FROM THE CHURCH

“Whoever exalts himself will be humbled; but whoever humbles himself will be exalted.”

(Matthew 23:12)

 **SAY THE LITANY OF HUMILITY PRAYER**

GOSPEL

MK 16:9-15

Now when he rose early on the first day of the week, he appeared first to Mary Mag'dalene, from whom he had cast out seven demons. She went out and told those who had been with him, as they mourned and wept. But when they heard that he was alive and had been seen by her, they would not believe it.

After this he appeared in another form to two of them, as they were walking into the country. And they went back and told the rest, but they did not believe them.

Afterward he appeared to the eleven themselves as they sat at table; and he upbraided them for their unbelief and hardness of heart, because they had not believed those who saw him after he had risen. And he said to them, “Go into all the world and preach the gospel to the whole creation.

WEEK 2: HUMILITY WITH MY WIFE
APRIL 11, 2021

THOUGHTS FROM THE CHURCH

“Humility is to the various virtues what the chain is in a rosary. Take away the chain and the beads are scattered; remove humility and all virtues vanish.”

— St. John Vianney

 SAY THE LITANY OF HUMILITY PRAYER

GOSPEL

JN 20:19-31 SECOND SUNDAY OF EASTER

On the evening of that day, the first day of the week, the doors being shut where the disciples were, for fear of the Jews, Jesus came and stood among them and said to them, “Peace be with you.” When he had said this, he showed them his hands and his side. Then the disciples were glad when they saw the Lord. Jesus said to them again, “Peace be with you. As the Father has sent me, even so I send you.” And when he had said this, he breathed on them, and said to them, “Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained.”

Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came. So the other disciples told him, “We have seen the Lord.” But he said to them, “Unless I see in his hands the print of the nails, and place my finger in the mark of the nails, and place my hand in his side, I will not believe.”

Eight days later, his disciples were again in the house, and Thomas was with them. The doors were shut, but Jesus came and stood among them, and said, “Peace be with you.” Then he said to Thomas, “Put your finger here, and see my hands; and put out your hand, and place it in my side; do not be faithless, but believing.” Thomas answered him, “My Lord and my God!” Jesus said to him, “Have you believed because you have seen me? Blessed are those who have not seen and yet believe.”

Now Jesus did many other signs in the presence of the disciples, which are not written in this book; but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in his name.

WEEK 2: HUMILITY WITH MY WIFE
APRIL 12, 2021

THOUGHTS FROM THE CHURCH

“The greater the gifts we receive from God, the more humble we must be. Without humility, no virtue is acceptable to God.”

—St. Francis of Assisi

 SAY THE LITANY OF HUMILITY PRAYER

GOSPEL

JN 3:1-8

Now there was a man of the Pharisees, named Nicodemus, a ruler of the Jews. This man came to Jesus by night and said to him, “Rabbi, we know that you are a teacher come from God; for no one can do these signs that you do, unless God is with him.” Jesus answered him, “Truly, truly, I say to you, unless one is born anew, he cannot see the kingdom of God.” Nicodemus said to him, “How can a man be born when he is old? Can he enter a second time into his mother’s womb and be born?” Jesus answered, “Truly, truly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God. That which is born of the flesh is flesh, and that which is born of the Spirit is spirit. Do not marvel that I said to you, ‘You must be born anew.’ The wind blows where it wills, and you hear the sound of it, but you do not know whence it comes or whither it goes; so it is with every one who is born of the Spirit.”

WEEK 2: HUMILITY WITH MY WIFE
APRIL 13, 2021

THOUGHTS FROM THE CHURCH

“There is something in humility that strangely exalts the heart”

—St. Augustine of Hippo

 SAY THE LITANY OF HUMILITY PRAYER

GOSPEL

JN 3:7B-15

Do not marvel that I said to you, ‘You must be born anew.’ The wind blows where it wills, and you hear the sound of it, but you do not know whence it comes or whither it goes; so it is with every one who is born of the Spirit.” Nicodemus said to him, “How can this be?” Jesus answered him, “Are you a teacher of Israel, and yet you do not understand this? Truly, truly, I say to you, we speak of what we know, and bear witness to what we have seen; but you do not receive our testimony. If I have told you earthly things and you do not believe, how can you believe if I tell you heavenly things? No one has ascended into heaven but he who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in him may have eternal life.”

WEEK 2: HUMILITY WITH MY WIFE
APRIL 14, 2021

THOUGHTS FROM THE CHURCH

“The truly humble reject all praise for themselves, and refer it all to God.”

—St. Alphonsus Maria de Liguori

 SAY THE LITANY OF HUMILITY PRAYER

GOSPEL

JN 3:16-21

For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God sent the Son into the world, not to condemn the world, but that the world might be saved through him. He who believes in him is not condemned; he who does not believe is condemned already, because he has not believed in the name of the only Son of God. And this is the judgment, that the light has come into the world, and men loved darkness rather than light, because their deeds were evil. For every one who does evil hates the light, and does not come to the light, lest his deeds should be exposed. But he who does what is true comes to the light, that it may be clearly seen that his deeds have been wrought in God.

WEEK 3 REFLECTION:

HUMILITY AND MY CHILDREN

**If you are not married and do not have children, use this week to continue to grow your relationship with God and your neighbor while praying for your future spouse and children.*

If there is one thing I want my children to be, it is humble. I want them to appreciate the things they have in life. I want them to know how to treat others. I long for them to put others first. I dream of them scoring the winning touchdown, coming in first in the spelling bee, or hitting the game-winning shot and handling it with class, deflecting all praise and recognizing the others it took to make it there. I want them to humble themselves before God and always make sure that He is the priority in their lives. Who wouldn't want their children to turn out that way? How can we ensure that they do?

The answer to that question is simple: we need to be humble, ourselves. If you have been a father for five minutes you know that those little (or big, depending on the age of your kids) eyes are watching you at all times. We have all dropped a four letter word in the car after being cutoff in traffic, just to look in that rear mirror and see the wide eyed look of our kids. Most of us have probably overreacted in an argument with our wife and seen our children taking in every bit of our behavior.

Just the other night my family and I were participating in a healing holy hour in front of the Blessed Sacrament. After a few moments of silent prayer I opened my eyes and noticed my daughter, Katelyn, mimicking everything I was doing. If I placed my palms up on my legs, she followed suit. If I moved my hands together in a prayer formation, she did as well. It was a huge moment of revelation for me. Our kids are always watching, learning from us. What they learn is up to us. If we want our kids to be humble, then we have to model humility to them. We do this by living what we preach and quickly admitting it in the times that we don't.

Kids are smart. Eventually they realize that words are just words. When they see you correct yourself for that four letter word you let out in traffic, they will remember it. When they see you tell your wife you are sorry for the way you might have behaved in an argument, it makes an impression. Visibly putting our pride aside and modeling what humility looks like will have a profound and lasting impact on our children.

Children latch on to mom, but they long to be like daddy. If you want them to live humbly, start by doing so yourself. This includes modeling humility to the them as it pertains to God. Fathers represent God in the eyes of their kids. Many children will project their feelings about their father onto their Heavenly Father. What better way to teach kids humility than by showing them that their dad has someone he answers to as well? What better image to give your children, no matter their age, than the image of their father on his knees in prayer or leading his family in the Rosary? The most humble man to ever live gave glory to His Father at every opportunity. We should be no different.

Men, spend time this week looking for opportunities to model humility to your children. We need to raise up a generation of children willing to meet the pride of the world with humility. It all starts with you. It doesn't matter how young or how old they are. They will always look to you as an example. Humble yourself before them this week and watch the ripples flow.

WEEK 3: HUMILITY WITH MY CHILDREN

APRIL 15, 2021

THOUGHTS FROM THE CHURCH

“Whoever humbles himself like this child is the greatest in the kingdom of heaven.”

(Matthew 18:4)

 **SAY THE LITANY OF HUMILITY PRAYER**

GOSPEL

JN 3:31-36

He who comes from above is above all; he who is of the earth belongs to the earth, and of the earth he speaks; he who comes from heaven is above all. He bears witness to what he has seen and heard, yet no one receives his testimony; he who receives his testimony sets his seal to this, that God is true. For he whom God has sent utters the words of God, for it is not by measure that he gives the Spirit; the Father loves the Son, and has given all things into his hand. He who believes in the Son has eternal life; he who does not obey the Son shall not see life, but the wrath of God rests upon him.

WEEK 3: HUMILITY WITH MY CHILDREN

APRIL 16, 2021

THOUGHTS FROM THE CHURCH

“The proud man counts his newspaper clippings, the humble man his blessings.”

— Venerable Fulton Sheen

 SAY THE LITANY OF HUMILITY PRAYER

GOSPEL

JN 6:1-15

After this Jesus went to the other side of the Sea of Galilee, which is the Sea of Tibe'rias. And a multitude followed him, because they saw the signs which he did on those who were diseased. Jesus went up into the hills, and there sat down with his disciples. Now the Passover, the feast of the Jews, was at hand. Lifting up his eyes, then, and seeing that a multitude was coming to him, Jesus said to Philip, “How are we to buy bread, so that these people may eat?” This he said to test him, for he himself knew what he would do. Philip answered him, “Two hundred denarii would not buy enough bread for each of them to get a little.” One of his disciples, Andrew, Simon Peter’s brother, said to him, “There is a lad here who has five barley loaves and two fish; but what are they among so many?” Jesus said, “Make the people sit down.” Now there was much grass in the place; so the men sat down, in number about five thousand. Jesus then took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. And when they had eaten their fill, he told his disciples, “Gather up the fragments left over, that nothing may be lost.” So they gathered them up and filled twelve baskets with fragments from the five barley loaves, left by those who had eaten. When the people saw the sign which he had done, they said, “This is indeed the prophet who is to come into the world!”

Perceiving then that they were about to come and take him by force to make him king, Jesus withdrew again to the hills by himself.

WEEK 3: HUMILITY WITH MY CHILDREN
APRIL 17, 2021

THOUGHTS FROM THE CHURCH

“As gifts increase in you, let your humility grow, for you must consider that everything is given to you on loan.”

— St. Padre Pio

 SAY THE LITANY OF HUMILITY PRAYER

GOSPEL

JN 6:16-21

When evening came, his disciples went down to the sea, got into a boat, and started across the sea to Caper'na-um. It was now dark, and Jesus had not yet come to them. The sea rose because a strong wind was blowing. When they had rowed about three or four miles, they saw Jesus walking on the sea and drawing near to the boat. They were frightened, but he said to them, “It is I; do not be afraid.” Then they were glad to take him into the boat, and immediately the boat was at the land to which they were going.

WEEK 3: HUMILITY WITH MY CHILDREN

APRIL 18, 2021

THOUGHTS FROM THE CHURCH

“There is more value in a little study of humility and in a single act of it than in all the knowledge in the world.”

— St. Teresa of Avila

 SAY THE LITANY OF HUMILITY PRAYER

GOSPEL

LK 24:35-48 THIRD SUNDAY OF EASTER

Then they told what had happened on the road, and how he was known to them in the breaking of the bread.

As they were saying this, Jesus himself stood among them, and said to them, “Peace to you.” But they were startled and frightened, and supposed that they saw a spirit. And he said to them, “Why are you troubled, and why do questionings rise in your hearts? See my hands and my feet, that it is I myself; handle me, and see; for a spirit has not flesh and bones as you see that I have.” And when he had said this, he showed them his hands and his feet. And while they still disbelieved for joy, and wondered, he said to them, “Have you anything here to eat?” They gave him a piece of broiled fish, and he took it and ate before them.

Then he said to them, “These are my words which I spoke to you, while I was still with you, that everything written about me in the law of Moses and the prophets and the psalms must be fulfilled.” Then he opened their minds to understand the scriptures, and said to them, “Thus it is written, that the Christ should suffer and on the third day rise from the dead, and that repentance and forgiveness of sins should be preached in his name to all nations, beginning from Jerusalem. You are witnesses of these things.

WEEK 3: HUMILITY WITH MY CHILDREN

APRIL 19, 2021

THOUGHTS FROM THE CHURCH

“No man can attain to the knowledge of God but by humility. The way to mount high is to descend.”

— **Blessed Giles of Assisi**



SAY THE LITANY OF HUMILITY PRAYER

GOSPEL

JN 6:22-29

On the next day the people who remained on the other side of the sea saw that there had been only one boat there, and that Jesus had not entered the boat with his disciples, but that his disciples had gone away alone. However, boats from Tibe'ri-as came near the place where they ate the bread after the Lord had given thanks. So when the people saw that Jesus was not there, nor his disciples, they themselves got into the boats and went to Caper'na-um, seeking Jesus.

When they found him on the other side of the sea, they said to him, “Rabbi, when did you come here?” Jesus answered them, “Truly, truly, I say to you, you seek me, not because you saw signs, but because you ate your fill of the loaves. Do not labor for the food which perishes, but for the food which endures to eternal life, which the Son of man will give to you; for on him has God the Father set his seal.” Then they said to him, “What must we do, to be doing the works of God?” Jesus answered them, “This is the work of God, that you believe in him whom he has sent.”

WEEK 3: HUMILITY WITH MY CHILDREN

APRIL 20, 2021

THOUGHTS FROM THE CHURCH

“Humility is the foundation of all the other virtues hence, in the soul in which this virtue does not exist there cannot be any other virtue except in mere appearance.”

— St. Augustine of Hippo

 SAY THE LITANY OF HUMILITY PRAYER

GOSPEL

JN 6:30-35

So they said to him, “Then what sign do you do, that we may see, and believe you? What work do you perform? Our fathers ate the manna in the wilderness; as it is written, ‘He gave them bread from heaven to eat.’” Jesus then said to them, “Truly, truly, I say to you, it was not Moses who gave you the bread from heaven; my Father gives you the true bread from heaven. For the bread of God is that which comes down from heaven, and gives life to the world.” They said to him, “Lord, give us this bread always.”

Jesus said to them, “I am the bread of life; he who comes to me shall not hunger, and he who believes in me shall never thirst.

WEEK 3: HUMILITY WITH MY CHILDREN
APRIL 21, 2021

THOUGHTS FROM THE CHURCH

"It was pride that changed angels into devils; it is humility that makes men as angels."

— St. Augustine of Hippo

 SAY THE LITANY OF HUMILITY PRAYER

GOSPEL

JN 6:35-40

Jesus said to them, "I am the bread of life; he who comes to me shall not hunger, and he who believes in me shall never thirst. But I said to you that you have seen me and yet do not believe. All that the Father gives me will come to me; and him who comes to me I will not cast out. For I have come down from heaven, not to do my own will, but the will of him who sent me; and this is the will of him who sent me, that I should lose nothing of all that he has given me, but raise it up at the last day. For this is the will of my Father, that every one who sees the Son and believes in him should have eternal life; and I will raise him up at the last day."

WEEK 4 REFLECTION:

**HUMILITY AND
MY NEIGHBOR**

Learning to live out the virtue of humility with your neighbor can be the hardest to practice. Let's face it, no matter how challenging it can be to humble yourself with your wife and kids, they are still people you have chosen to love. It is easier to practice humility with those you hold dear. That's the thing though: Christ commanded us to love everyone. That means we have to practice humility in all our relationships. Even those we find the most difficult.

Look around the world today or scroll through social media and you will see that there is a massive lack of humility. People are at odds with each other and working as hard as they can to prove how wrong someone else's opinion is. Folks are jumping at the opportunity to take a self-righteous position over another, and will go to great lengths to cancel or destroy another human being for disagreeing with them. Pride has infused itself into many facets of the world and it is very easy to get sucked into it all if you're not careful. All of us have had the inclination to fight back when we have been attacked. We want to fire back at the smug guy in the office who never stops talking about himself and all his achievements. I am pretty sure we have all felt that desire to catch up to the person in traffic who cut us off and give them a piece of our mind. But that is not what we are called to as disciples of Christ. No, we are told to turn the other cheek. We are told to forgive and love our enemies. Jesus instructs us to take the high road and the narrow path. He doesn't just tell us to do it, though. He shows us how by His actions.

Jesus never lashed out or tried to strike back when men slapped Him, spit on Him, tore His beard from His face, or beat Him. He never wished harm to the Pharisees who constantly mocked Him and plotted against Him. No, instead Jesus spent His time with sinners and others that society had cast aside. On the night before His death, the Son of God spent time washing the feet of His disciples. He taught us that the last shall be first and the first shall be last. He told us, "those who exalt themselves will be humbled, and those who humble themselves will be exalted." The One who deserved to be served more than anyone instead came to show us how to serve. These are the lessons that we must learn if we are going to live like Jesus and truly become His disciples. We cannot grow any further in the spiritual life without understanding and adopting humility.

My brothers, now is the time to examine our lives. Are we living a meek and humble life, modeled after Christ, or are we living with pride and arrogance like the pharisees? Are we laying down our pride and choosing to humbly serve others? Do we take the time to listen and appreciate the circumstances of our neighbors' lives, or are we choosing to care only about what affects us? These are just some of the questions we need to ask ourselves this week.

As I wrote at the beginning of this reflection, humility with others outside of our families and our close circles is where the rubber meets the road. Christ has called us to care for and to serve others the way that He did. Remember that Christ is in every person you encounter—even the ones you may find difficult. Never forget that our Lord said, "Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me" (Mt 25:40).

WEEK 4: HUMILITY WITH MY NEIGHBOR
APRIL 22, 2021

THOUGHTS FROM THE CHURCH

“Our happiest times are those in which we forget ourselves, usually in being kind to someone else. That tiny moment of self-abdication is an act of true humility: the man who loses himself finds himself and finds his happiness.”

— Venerable Fulton Sheen

 SAY THE LITANY OF HUMILITY PRAYER

GOSPEL

JN 6:44-51

No one can come to me unless the Father who sent me draws him; and I will raise him up at the last day. It is written in the prophets, ‘And they shall all be taught by God.’ Every one who has heard and learned from the Father comes to me. Not that any one has seen the Father except him who is from God; he has seen the Father. Truly, truly, I say to you, he who believes has eternal life. I am the bread of life. Your fathers ate the manna in the wilderness, and they died. This is the bread which comes down from heaven, that a man may eat of it and not die. I am the living bread which came down from heaven; if any one eats of this bread, he will live for ever; and the bread which I shall give for the life of the world is my flesh.”

WEEK 4: HUMILITY WITH MY NEIGHBOR
APRIL 23, 2021

THOUGHTS FROM THE CHURCH

“Humility must accompany all our actions, and must be with us everywhere; for as soon as we glory in our good works, they are of no further value to our advancement in virtue.”

— **St. Augustine of Hippo**

 **SAY THE LITANY OF HUMILITY PRAYER**

GOSPEL

JN 6:52-59

The Jews then disputed among themselves, saying, “How can this man give us his flesh to eat?” So Jesus said to them, “Truly, truly, I say to you, unless you eat the flesh of the Son of man and drink his blood, you have no life in you; he who eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day. For my flesh is food indeed, and my blood is drink indeed. He who eats my flesh and drinks my blood abides in me, and I in him. As the living Father sent me, and I live because of the Father, so he who eats me will live because of me. This is the bread which came down from heaven, not such as the fathers ate and died; he who eats this bread will live for ever.” This he said in the synagogue, as he taught at Caper'na-um.

WEEK 4: HUMILITY WITH MY NEIGHBOR

APRIL 24, 2021

THOUGHTS FROM THE CHURCH

“Be humble towards God and gentle with your neighbor. Judge and accuse no one but yourself, and ever excuse others. Speak of God always to praise and glorify Him, speak of your neighbor only with respect—do not speak of yourself at all, either well or ill.”

— St. Margaret Mary Alacoque

 SAY THE LITANY OF HUMILITY PRAYER

GOSPEL

JN 6:60-69

Many of his disciples, when they heard it, said, “This is a hard saying; who can listen to it?” But Jesus, knowing in himself that his disciples murmured at it, said to them, “Do you take offense at this? Then what if you were to see the Son of man ascending where he was before? It is the spirit that gives life, the flesh is of no avail; the words that I have spoken to you are spirit and life. But there are some of you that do not believe.” For Jesus knew from the first who those were that did not believe, and who it was that should betray him. And he said, “This is why I told you that no one can come to me unless it is granted him by the Father.”

After this many of his disciples drew back and no longer went about with him. Jesus said to the twelve, “Will you also go away?” Simon Peter answered him, “Lord, to whom shall we go? You have the words of eternal life; and we have believed, and have come to know, that you are the Holy One of God.”

WEEK 4: HUMILITY WITH MY NEIGHBOR
APRIL 25, 2021

THOUGHTS FROM THE CHURCH

“Do nothing out of selfishness or out of vainglory; rather, humbly regard others as more important than yourselves, each looking out not for his own interests, but [also] everyone for those of others.”

— **Philippians 2:3**

 **SAY THE LITANY OF HUMILITY PRAYER**

GOSPEL

JN 10:11-18 FOURTH SUNDAY OF EASTER

I am the good shepherd. The good shepherd lays down his life for the sheep. He who is a hireling and not a shepherd, whose own the sheep are not, sees the wolf coming and leaves the sheep and flees; and the wolf snatches them and scatters them. He flees because he is a hireling and cares nothing for the sheep. I am the good shepherd; I know my own and my own know me, as the Father knows me and I know the Father; and I lay down my life for the sheep. And I have other sheep, that are not of this fold; I must bring them also, and they will heed my voice. So there shall be one flock, one shepherd. For this reason the Father loves me, because I lay down my life, that I may take it again. No one takes it from me, but I lay it down of my own accord. I have power to lay it down, and I have power to take it again; this charge I have received from my Father.”

WEEK 4: HUMILITY WITH MY NEIGHBOR
APRIL 26, 2021

THOUGHTS FROM THE CHURCH

"It is no great thing to be humble when you are brought low; but to be humble when you are praised is a great and rare attainment."

— St. Bernard

 SAY THE LITANY OF HUMILITY PRAYER

GOSPEL

JN 10:1-10

"Truly, truly, I say to you, he who does not enter the sheepfold by the door but climbs in by another way, that man is a thief and a robber; but he who enters by the door is the shepherd of the sheep. To him the gatekeeper opens; the sheep hear his voice, and he calls his own sheep by name and leads them out. When he has brought out all his own, he goes before them, and the sheep follow him, for they know his voice. A stranger they will not follow, but they will flee from him, for they do not know the voice of strangers." This figure Jesus used with them, but they did not understand what he was saying to them.

So Jesus again said to them, "Truly, truly, I say to you, I am the door of the sheep. All who came before me are thieves and robbers; but the sheep did not heed them. I am the door; if any one enters by me, he will be saved, and will go in and out and find pasture. The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly.

WEEK 4: HUMILITY WITH MY NEIGHBOR

APRIL 27, 2021

THOUGHTS FROM THE CHURCH

“Humility is the mother of many virtues because from it obedience, fear, reverence, patience, modesty, meekness and peace are born. He who is humble easily obeys everyone, fears to offend anyone, is at peace with everyone, is kind with all.”

— St. Thomas of Villanova

 SAY THE LITANY OF HUMILITY PRAYER

GOSPEL

JN 10:22-30

It was the feast of the Dedication at Jerusalem; it was winter, and Jesus was walking in the temple, in the portico of Solomon. So the Jews gathered round him and said to him, “How long will you keep us in suspense? If you are the Christ, tell us plainly.” Jesus answered them, “I told you, and you do not believe. The works that I do in my Father’s name, they bear witness to me; but you do not believe, because you do not belong to my sheep. My sheep hear my voice, and I know them, and they follow me; and I give them eternal life, and they shall never perish, and no one shall snatch them out of my hand. My Father, who has given them to me, is greater than all, and no one is able to snatch them out of the Father’s hand. I and the Father are one.”

WEEK 4: HUMILITY WITH MY NEIGHBOR
APRIL 28, 2021

THOUGHTS FROM THE CHURCH

“Humility and charity are the main supports of the whole vast building and all the other virtues depend on them. One makes up the foundation; the other, the roof of the building, the sturdiness of which depends on both. If the heart constantly dedicates itself to the practice of these two virtues, it will have no difficulty with all the others.”

— St. Padre Pio

 SAY THE LITANY OF HUMILITY PRAYER

GOSPEL

JN 12:44-50

And Jesus cried out and said, “He who believes in me, believes not in me but in him who sent me. And he who sees me sees him who sent me. I have come as light into the world, that whoever believes in me may not remain in darkness. If any one hears my sayings and does not keep them, I do not judge him; for I did not come to judge the world but to save the world. He who rejects me and does not receive my sayings has a judge; the word that I have spoken will be his judge on the last day. For I have not spoken on my own authority; the Father who sent me has himself given me commandment what to say and what to speak. And I know that his commandment is eternal life. What I say, therefore, I say as the Father has bidden me.”

APRIL 29, 2021

THOUGHTS FROM THE CHURCH

“Holiness means living humbly.”

— St. Padre Pio

 SAY THE LITANY OF HUMILITY PRAYER

GOSPEL

JN 13:16-20 MEMORIAL OF ST. CATHERINE OF SIENNA

Truly, truly, I say to you, a servant is not greater than his master; nor is he who is sent greater than he who sent him. If you know these things, blessed are you if you do them. I am not speaking of you all; I know whom I have chosen; it is that the scripture may be fulfilled, ‘He who ate my bread has lifted his heel against me.’ I tell you this now, before it takes place, that when it does take place you may believe that I am he. Truly, truly, I say to you, he who receives any one whom I send receives me; and he who receives me receives him who sent me.”

APRIL 30, 2021

THOUGHTS FROM THE CHURCH

“The Lord is willing to do great things, but on condition that we are truly humble.”

—St. Padre Pio

 SAY THE LITANY OF HUMILITY PRAYER

GOSPEL

JN 14:1-6

Jesus said to his disciples: “Let not your hearts be troubled; believe in God, believe also in me. In my Father’s house are many rooms; if it were not so, would I have told you that I go to prepare a place for you? And when I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also. And you know the way where I am going.” Thomas said to him, “Lord, we do not know where you are going; how can we know the way?” Jesus said to him, “I am the way, and the truth, and the life; no one comes to the Father, but by me.

LITANY OF HUMILITY

O Jesus! meek and humble of heart,
Hear me.

From the desire of being esteemed,
Deliver me, Jesus.

From the desire of being loved,
Deliver me, Jesus.

From the desire of being extolled,
Deliver me, Jesus.

From the desire of being honored ,
Deliver me, Jesus.

From the desire of being praised,
Deliver me, Jesus.

From the desire of being preferred
to others,
Deliver me, Jesus.

From the desire of being consulted,
Deliver me, Jesus.

From the desire of being approved,
Deliver me, Jesus.

From the fear of being humiliated,
Deliver me, Jesus.

From the fear of being despised,
Deliver me, Jesus.

From the fear of suffering rebukes,
Deliver me, Jesus.

From the fear of being calumniated,
Deliver me, Jesus.

From the fear of being forgotten,
Deliver me, Jesus.

From the fear of being ridiculed,
Deliver me, Jesus.

From the fear of being wronged,
Deliver me, Jesus.

From the fear of being suspected,
Deliver me, Jesus.

That others may be loved more than I,
Jesus, grant me the grace to desire it.

That others may be esteemed more than I,
Jesus, grant me the grace to desire it.

That, in the opinion of the world, others
may increase and I may decrease,
Jesus, grant me the grace to desire it.

That others may be chosen and I set aside,
Jesus, grant me the grace to desire it.

That others may be praised and
I unnoticed,

Jesus, grant me the grace to desire it.

That others may be preferred to me
in everything,

Jesus, grant me the grace to desire it.

That others may become holier than I,
provided that I may become as holy as
I should,

Jesus, grant me the grace to desire it.

THE LITANY OF TRUST

From the belief that I have to earn
Your love,

Deliver me, Jesus.

From the fear that I am unlovable,

Deliver me, Jesus.

From the false security that I have what
it takes,

Deliver me, Jesus.

From the fear that trusting You will leave
me more destitute,

Deliver me, Jesus.

From all suspicion of Your words
and promises,

Deliver me, Jesus.

From the rebellion against childlike
dependency on You,

Deliver me, Jesus.

From refusals and reluctances in
accepting Your will,

Deliver me, Jesus.

From anxiety about the future,

Deliver me, Jesus.

From resentment or excessive
preoccupation with the past,

Deliver me, Jesus.

From restless self-seeking
in the present moment,

Deliver me, Jesus.

From disbelief in Your love and presence,

Deliver me, Jesus.

From the fear of being asked to give
more than I have,

Deliver me, Jesus.

From the belief that my life has no
meaning or worth,

Deliver me, Jesus.

From the fear of what love demands,

Deliver me, Jesus.

From discouragement,

Deliver me, Jesus.

That You are continually holding me
sustaining me, loving me,

Jesus, I trust in you.

That Your love goes deeper than my sins
and failings, and transforms me,

Jesus, I trust in you.

That not knowing what tomorrow brings is
an invitation to lean on You,

Jesus, I trust in you.

That you are with me in my suffering,

Jesus, I trust in you.

That my suffering, united to Your own, will
bear fruit in this life and the next,

Jesus, I trust in you.

That You will not leave me orphan, that You
are present in Your Church,

Jesus, I trust in you.

That Your plan is better than anything else,

Jesus, I trust in you.

That You always hear me and in Your
goodness always respond to me,

Jesus, I trust in you.

That You give me the grace to accept
forgiveness and to forgive others,

Jesus, I trust in you.

That You give me all the strength I need for
what is asked,

Jesus, I trust in you.

That my life is a gift,

Jesus, I trust in you.

That You will teach me to trust You,

Jesus, I trust in you.

That You are my Lord and my God,

Jesus, I trust in you.

That I am Your beloved one,

Jesus, I trust in you.

PRAYER TO SAINT JOSEPH

To you, O blessed Joseph, do we come in our tribulation, and having implored the help of your most holy Spouse, we confidently invoke your patronage also. Through that charity which bound you to the Immaculate Virgin Mother of God and through the paternal love with which you embraced the Child Jesus, we humbly beg you graciously to regard the inheritance which Jesus Christ has purchased by his Blood, and with your power and strength to aid us in our necessities. O most watchful guardian of the Holy Family, defend the chosen children of Jesus Christ; O most loving father, ward off from us every contagion of error and corrupting influence; O our most mighty protector, be kind to us and from heaven assist us in our struggle with the power of darkness. As once you rescued the Child Jesus from deadly peril, so now protect God's Holy Church from the snares of the enemy and from all adversity; shield, too, each one of us by your constant protection, so that, supported by your example and your aid, we may be able to live piously, to die in holiness, and to obtain eternal happiness in heaven. Amen.

A photograph of two men sitting at a wooden table in a cafe, engaged in conversation. The man on the left is wearing a blue plaid shirt and holding a red mug. The man on the right is wearing a grey sweater and gesturing with his hands. In the background, there are other people and a sign that says "LOCAL".

DON'T LET SEXUAL SIN HOLD BACK YOUR GROWTH

With Screen Accountability from **Covenant Eyes**, we'll help you live a **porn-free** life of integrity, and enjoy deep meaningful relationships with God, your family, and friends.

Covenant Eyes is proud to sponsor *The Narrow Road*.

As you journey monthly through God's Word, don't let sexual sin become an impediment to your growth. Get Covenant Eyes today.



GET COVENANT EYES NOW
start.covenanteyes.com/pew