



**September 2020 – AIC Training**

**Texts of the videos produced for the Feast of Saint Vincent de Paul**

## **Humility**

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#### **Characteristic virtues of the Vincentian charism**

##### **Introduction**

The Vincentian charism is a charism inspired by the values proclaimed and lived by Jesus in the gospel. The charism is characterized by three virtues that are fundamental and absolutely necessary: simplicity, humility and charity. We need to know them and see how they are manifested in the life of Jesus Christ and in the life and doctrine of Saint Vincent de Paul. Then, inspired by them, we discover our challenge, namely, we must try to make them present in our life and in our service on behalf of those living in poverty.

##### **Humility**

Jesus did not hesitate to become “the teacher of humility”: “*Learn from me that I am meek and humble of heart*” (Matthew 11:29); “*learn from me for I did not come to be served but to serve*” (Matthew 20:28). Jesus’s humility led him to go through life not doing his will, but rather doing the will of his Father: “*my food is to do the will of the one who sent me*” (John 4:34). Humility is obedience to the Father: “*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 something to be grasped. Rather he emptied himself, taking the form of a slave*” (Philippians 2:5-7).

##### **Saint Vincent**

For Vincent de Paul, humility is a recognition of the reality that everything comes from God, that is, it is the recognition of our own lowliness and our mistakes. Humility involves esteeming others more than ourselves, it is maintaining an attitude of service.

##### **Today, the following might be some manifestations of humility:**

- Humility is a recognition of the reality of being a creature, one who is created and, therefore, dependent on the Creator. What do we have that we have not received? Indeed, all that we are and all that we have has come from God. Humility is a recognition of our poverty, of our need for God, our need for others and our need for our environment (the need to care for our common home).

- Humility is walking in the truth. It is having our feet firmly placed on the ground and learning, on a daily basis, to give people and things the recognition they really deserve.
- Humility is gratitude and affirming the fact that many people have helped us grow and made us who we are today. It is incredible to see that so many people have forgotten those who have been their greatest support during their journey on earth. Arrogance and pride can lead us to be more alone than we could ever imagine (even though we might have accomplished what we set out to do).
- Humility is the virtue or attitude of **collaboration** that helps us avoid being a false protagonist in our actions. It enables us to attribute everything to God and to the generosity that others have extended to us.
- Humility is maintaining an attitude of attentive **listening** to the voice of God as revealed in the person of others, especially in the words and the cries of those living in poverty whom we are called to evangelize in word and deed. Nietzsche said: *“talking a lot about oneself can also be a way to hide oneself”*.
- Humility is to clothe ourselves in an attitude of **respect** for others, and for the poor. There can be no respect for the poor without humility.
- Humility enables us to take on an attitude in which we are open to **learn** from others (in everything there are practical lessons that can enable us to live our lives more fully).
- Humility is remaining available to **serve** others (Jesus served and said: *“I did not come to be served but to serve”* – the humble person lives to serve others).