



Year C – 30th Sunday in Ordinary Time: Humility

***{Start with reviewing the previous Meetings Challenge or discuss prior to sharing this week's challenge.}**

Let's Begin: Think about how the challenge went for the last session. What went well? What was difficult?

Opening Prayer:

Begin with a brief moment of silence shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Read: **Luke 18: 9-14** - <https://bible.usccb.org/> - 10/23/2022, 10/26/2025, 10/29/2028

After the Reading Conclude with this prayer:

Heavenly Father, create in us humble hearts. Remind us always of our need for You. May our lives radiate our deep dependence on You for everything we have, O Lord. May our humble hearts also give us confidence that good things can truly flow from You through us. We are here, and we are Yours. Amen.

Reflection or Discussion Questions:

1. What does it mean to you to exalt oneself? How do you see this in society or your personal life today?
2. What does it mean to you to be humble?

YouTube Video: Dr. Edward Sri: "The Virtue of Humility" (7.59 min) -

<https://www.youtube.com/watch?v=bC5N0Wezm9w>

Reflection or Discussion Questions:

3. Are there any initial thoughts/feelings the video brought up for you?
4. What do you think of St. Bernard's definition of humility as "knowing the truth of oneself"? Was that definition surprising to you?
5. Were you surprised that vanity (worrying what others think of us, seeking the glory of this world.), is one of the vices of humility?
6. What do you think/feel about the fact that humility should actually give us confidence and fearlessness since we know that all good things come from God through us?
7. What are ways that you seek to grow in humility?

Session Challenge:

- Google the "Litany of humility" and pray it slowly each day until the next meeting or leaders, you could make a handout of the next page for each group member to bring home.

Closing Prayer: (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.)

Pray the "Litany of humility" on the next page as a group. **(One individual could read the main line and everyone else could say the response.)**

{Optional additional Readings} Sunday Reading 1: **Sir 35:12-14,16-18**; Sunday Reading 2: **2 Tm 4:6-8,16-18**



Closing Prayer and Challenge for the Week:

The Litany of Humility

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

From the desire of being esteemed, ***Deliver me, Jesus.*** (repeat this response after each line)

From the desire of being loved,

From the desire of being extolled,

From the desire of being honored,

From the desire of being praised,

From the desire of being preferred to others,

From the desire of being consulted,

From the desire of being approved,

From the fear of being humiliated,

From the fear of being despised,

From the fear of suffering rebukes,

From the fear of being calumniated,

From the fear of being forgotten,

From the fear of being ridiculed,

From the fear of being wronged,

From the fear of being suspected,

That others may be loved more than I, ***Jesus, grant me the grace to desire it.*** (repeat after each line)

That others may be esteemed more than I,

That, in the opinion of the world, others may increase and I may decrease,

That others may be chosen and I set aside,

That others may be praised and I unnoticed,

That others may be preferred to me in everything,

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

Amen.