

# Virtue of Humility

Humility is trying to see ourselves through God's eyes. That is, we should acknowledge our faults and our reliance on God. To practice true humility is to recognize that all of your gifts and successes come directly from God. Many great saints have practiced humility and allowed God to work through them to accomplish wonderful things for the Church.

## *Saint Francis de Sales*

Saint Francis de Sales immersed himself in humility, dedicating himself to the loving service of God. His gentle and devoted teaching brought tens of thousands of people back to the Catholic Church. He stated, "Do not strive to destroy pride. Make humility strong by practice." On his deathbed, Saint Francis gave a nun a word of advice before passing away: "Humility."



## *Saint Teresa of Avila*

St. Teresa of Avila was a Carmelite nun whose writings on faith and prayer led her to be named a Doctor of the Church. She once wrote, "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." She accomplished many great works in her life, but she always considered herself a great sinner. Simply put, she believed that "Humility is truth."

