

BRINGING HOME THE GOSPEL

November 5, 2023 • 31st Sunday in Ordinary Time • Matthew 23:1–12

True Humility

Jesus tells his followers they are to respect the law, but not to follow the example of the Scribes and Pharisees. Jesus accuses both groups of not practicing what they preach, of putting huge burdens on the people and of always wanting to sit in the places of honor.

To be humble is simply to be honest about our gifts and accomplishments. It doesn't mean running yourself down any more than it means talking yourself up. Humility is saying "thank you" when someone compliments you on your achievement. Hanging your head and telling them Betty Jo is so much better is really false humility. Humility acknowledges your strong points as well as your weak ones.

Teach your children humility by taking care when you compliment them. Affirmation and congratulations are important to everyone, and most especially to youngsters. But hearing, "Great work!" for everything they do soon loses any meaning. Decide on your degrees of superlatives (good going, great work, excellent job, for example) and try to use them as consistently as possible.

Help your child develop an internal sense of accomplishment by letting her evaluate her own work. Try using a scale of one to five, or if she is little, a sad face to a big smiley face. Let your child know you like her work and then ask her how she

likes it. Make sure at least one piece of work has a smiley face on it.

If at all possible find some time for yourself to do something creative: knitting, scrapbooking, painting, writing, learning how to play an instrument, gardening or interior designing. You were given certain gifts and talents—acknowledge them, develop them and thank God for them. That's true humility.

FAMILY RESPONSE

Ask each family member what one talent they would like to have. How can they go about getting it?

PERSONAL RESPONSE

Take some time for silent prayer and then in honest humility, write down your good qualities.