



## CLIMB THE LADDER OF HUMILITY

This illustration is an adaptation of *St. Benedict's "Ladder of Humility"* by *Pete Scazzero* and is found on pg. 133 in *Emotionally Healthy Spirituality*. Use this as a guide to discover your level of true humility currently and how you can grow in the days to come. Allow this to challenge you, but remember that it's a journey and it's ok to be a work in progress.



### ***Digging Deeper on the Journey to Humility***

#### **Step 1: Fear of God & Mindfulness of Him**

We often forget the presence of God, acting as if He were not present.

#### **Step 2: Doing God's Will (Not Our Own or Other People's)**

We recognize that surrendering our self-will to God's will for our lives touches the very heart of spiritual transformation.

### **Step 3: Willing to Subject Ourselves to the Direction of Others**

We are free to give up our arrogance and all-powerfulness and are open to accepting God's will as it comes through others. This may be a manager at work, or directions from a friend. We do it without grumbling or an attitude.

### **Step 4: Patient to Accept the Difficulties of Others**

Life with others, especially when living in community, is full of aggravations. This requires we give others a chance to figure out their weakness in their own way in their own time.

### **Step 5: Radical Honesty to Others About Our Weaknesses/Faults**

We quit pretending to be something we are not. We admit our weaknesses and limitations to a friend, spouse, parent, or someone else who cares about our development.

### **Step 6: Deeply Aware of Being "Chief of All Sinners"**

We see ourselves as potentially weaker and more sinful than anyone around us. We are the chief of all sinners. This is not self-hate or an invitation to abuse, but is meant to make us kind and gentle.

### **Step 7: Purposeful to Speak Less (More Restraint)**

This is near the top of the ladder, because it is seen as the outcome of life that seeks God and is filled with wisdom. As the Rule of St. Benedict states: "The wise are known for their few words."

### **Step 8: Transformed Into the Love of God**

Here, there is no haughtiness, no sarcasm, no putdowns, no airs of importance. We are able to embrace our limits and those of others. We are fully aware of how fragile we are and are under no illusions. We are at home with ourselves and content to rely on the mercy of God. **Everything is a gift.**

