

The readings and gospel once again call us to reflect on what attitudes and approach do we have in regards to our spiritual life, which determines whether we will become more intimate adopted members of the Trinity's family. The readings and gospel call us to look at whether we have a prideful attitude in our lives or one which is guided, directed by the virtues of Humility and Meekness.

“Meekness is not cowardice, human respect, or timidity. It does not oppose zeal, fortitude, or any other virtue; rather, it strengthens them. True meekness is part of the virtue of temperance, and it opposes the vice of anger.” (<https://www.catholicculture.org/culture/library/dictionary/index.cfm?id=34829> & <https://catholicism.org/ad-rem-no-187.html>)

“While Humility is the moral virtue ... that restrains the unruly desire for personal greatness and leads people to an orderly love of themselves based on a true appreciation of their position with respect to God and their neighbors. Religious humility recognizes one's total dependence on God; moral humility recognizes one's creaturely equality with others. Yet humility is not only opposed to pride; it is also opposed to immoderate self-abjection, which would fail to recognize God's gifts and use them according to his will.” (<https://www.catholicculture.org/culture/library/dictionary/index.cfm?id=34023>)

The gospel passage shows us a role model who exhibits the virtues of Humility and Meekness; St John the Baptist. For us to grow in meekness and humility, St Paul advises us to examine our thoughts, words and deeds to get rid of those thoughts, words and deeds which lead us to pride, vanity, and arrogance and to work on strengthening the virtues of Humility and Meekness by following the example of the Blessed Virgin Mary and other saints such as St John the Baptist.

For us to have a fruitful spiritual life, our prayer life needs to reflect Christ's and our Blessed Mother's example of openness to the Father's will; an openness to being docile, meek, and humble to the Father's will in our lives; to have a deep abiding love which desires always and everywhere to do the Father's will.

When we participate in the Mass, do our thoughts, words and actions reflect a secular attitude, a secular approach? Or do our thoughts, words, and actions reflect Christ's and the Blessed Virgin Mary's example of prayer and worship to the Father; an attitude of loving sacrificial obedience to Father; an attitude which expresses the virtues of Humility and Meekness?

When we fail to work on finding and avoiding those influences, situations, and actions, which lead us to sin, will we make use of the sacrament of Confession, so as to be open to the Trinity's graces we need, to grow in our ability to continue to find and avoid those influences, situations, and actions, which lead us to commit the sins of pride, arrogance and vanity; and grow in our ability to strengthen the virtues of Humility and Meekness?

Before we continue on with the Mass, let us ask the Father to send the Holy Spirit now, and especially when we consume our Lord in the Eucharist; so we can be open to the Trinity's graces; in order to strengthen the virtues of Humility and Meekness; so as to become holier, more intimate adopted members of the Trinity's family.