

## MODESTY

### FRUIT OF THE SPIRIT (10 OF 12)

We must conduct our lives with humility, not claiming any credit for ourselves, but giving all credit and thanksgiving to God by accepting His Holy Will. When we get "puffed up" - thinking we can do things on our own or when we feel we have accomplished something we are proud of without giving God *any* glory or thanks- we distance ourselves from the teachings of Jesus Christ.

Modesty is an essential base for humility; it may appear mediocre in the eyes of man, but not in the eyes of God. By this fruit of the Holy Spirit one learns to be contented with what is just required. One doesn't harbor any ambitions, nor take pride in any achievements since they appear commonplace.

### NEW AMERICAN BIBLE REFERENCES

Jesus Christ, the King of kings, was born in a very dire surroundings, the son of very poor parents and surrounded by poverty. When the angel Gabriel came to Mary with the Good News of the coming Messiah, she replied, "Behold, I am the handmaid of the Lord. May it be done to me according to your word." Then the angel departed from her ([Luke 1:38](#)). By her modest response, Mary didn't become proud of such a gift. She kept it to herself, risking to be divorced publicly as she was a virgin. Joseph found out in a dream ([Matthew 1:20](#)) through the message of an angel that Mary had conceived the Savior of the world through the action of the Holy Spirit.

In [James 4:6](#), God opposes the proud, but gives grace to the humble: "But he bestows a greater grace; therefore, it says: "God resists the proud, but gives grace to the humble."

### CATECHISM OF THE CATHOLIC CHURCH (CCC) REFERENCES

There are 6 references to MODESTY in the CCC. Please click [HERE](#) to review them (available on line only).

Those listed below are taken from the Index:

of the body, [2523](#); definition of, [2521-22](#); purity requires, [2521](#), [2533](#); as a sign of human dignity, [2524](#).