

A young boy with a dark complexion and curly hair is smiling and helping a friend. The friend is a white boy with short brown hair, wearing a maroon polo shirt and using two silver crutches. The boy with crutches has a white cast on his right arm. They are in a classroom setting with a chalkboard and colorful decorations in the background.

VIRTUE=STRENGTH.™

WHAT IS HUMILITY?

Humility is the strength to put God and others first instead of myself.

It is not about thinking less of ourselves, but thinking of ourselves less.

Humility is the strength to recognize our gifts and talents as blessings from God and to humbly acknowledge that we are not superior to others.

Examples of Humility:

1. You let your friend go first in line, even if you really want to be first.
2. You say “thank you” to God and your teacher for helping you instead of saying “I did it all by myself!”
3. You help your classmate pick up papers they dropped without bragging about it or looking for praise.

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THE VICE OF ARROGANCE

Arrogance is the weakness to think I'm better than everyone else.

Arrogance is the vice that leads us to believe we are superior to others, and that our opinions, achievements, or qualities are beyond reproach.

Examples of Arrogance:

1. Focusing on our own importance above others.
2. Believing that we are always right and others are wrong.
3. Ignoring or dismissing the advice or feelings of others.
4. Feeling entitled to praise or recognition.
5. Failing to recognize our need for God's grace.
6. Laughing at someone who makes a mistake instead of helping them.



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CATHOLIC SYMBOL: WASHING OF THE FEET

A powerful Catholic symbol for the virtue of humility is the Washing of the Feet (John 13:1-17).

This moment from the Last Supper shows Jesus, the Son of God, kneeling to wash the feet of His disciples—an act usually done by servants.

This profound gesture teaches that true greatness comes through service and that humility means putting others before ourselves.

His hands, rough from His work as a carpenter, tenderly clean the dust-covered feet of those who follow Him.

The humility in His posture, the loving care in His eyes, and the quiet power of His gesture all communicate a radical message: "If I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet" (John 13:14).



REFLECTION-DISCUSSION QUESTIONS

1. What does Jesus' action of washing the disciples' feet reveal about true leadership and humility? How does this challenge the world's view of success and power?
2. Peter initially resists having Jesus wash his feet (John 13:6-8). Why do you think it can be difficult to accept humility from others or to humble ourselves?
3. In what ways can you practice humility in your daily life, whether at home, school, or in your friendships? How can you "wash the feet" of those around you today?
4. Why do you think humility is such a central virtue in the life of Jesus and saints? How can embracing humility help you grow closer to God?

WHAT DOES HUMILITY LOOK LIKE?

