



VIRTUE=STRENGTH.™



HUMILITY

The strength to put God and others
before ourselves.

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HUMILITY

DEFINITION

Our virtue this month is HUMILITY.

The strength to put God and others before ourselves.

God first, others second and ourselves last.

In other words

JOY = Jesus, Others, Yourself.



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HUMILITY

RESOLUTION

**PICK ONE OF THESE SUGGESTIONS AND
WORK ON IT TOGETHER AS A FAMILY:**

Seek to praise others more.

Willingly accept corrections from teachers,
coaches and others striving to learn and
improve.

Choose the more difficult task.

Smile at others.

Thank God for everything He has given you.

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HUMILITY

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[CLICK HERE FOR THE
TEACHER & STUDENT VIDEO
WORKSHEETS](#)

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SAINTS VIDEOS
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SAINTS ALIVE PODCAST

ST. LUCY

[CLICK HERE TO LISTEN](#)

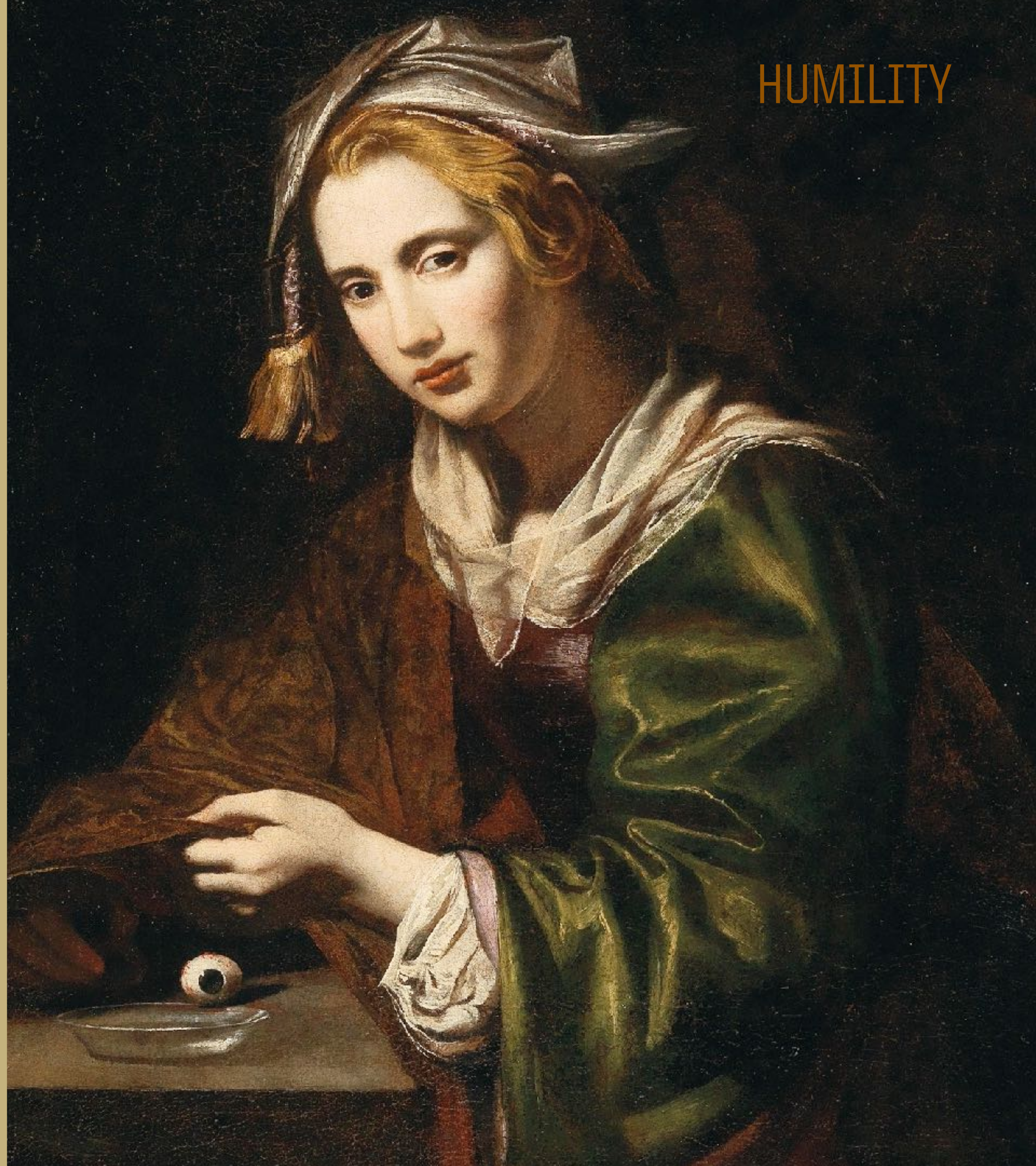
A radio theater podcast that tells the stories of the saints like never before! This podcast is full of adventure, heroism, virtue and humor.

"You cannot bend my will to your purpose; whatever you do to my body, that cannot happen to me."

This Advent season we bring you the story of the beloved martyr, Saint Lucy! 1,700 years have passed, and the legend of her life has lived on.

Each year, she is honored with traditions of braided breads and candle lit wreaths, and this year Saints Alive brings her story to life like never before!

HUMILITY



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HUMILITY

SMALL GROUP DIFFICULT SITUATION DISCUSSION

You are playing a game and one of your opponents keeps trash talking and insulting you and your teammates.

You feel like giving him a piece of your mind or retaliating.

Part of you thinks it would be wrong to just let it go and be silent.

But you also think you could be a light for good in this situation.

How can you best handle this with humility?





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HUMILITY

Humility and meekness were the favorite virtues of Jesus Christ; so that he bade his disciples learn of him to be meek and humble:

“Learn of Me, for I am meek and humble of heart.”

St. Alphonsus Maria de Liguori

“Humility and meekness were the favorite virtues of Jesus ...”

- St. Alphonsus Liguori



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MAJESTY

ARROGANCE

The weakness of putting ourselves first where we display an attitude of being better than others.

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VICE

SOME SIGNS OF ARROGANCE

How do we identify it?

- 1- Excessive desire to receive praise from others.
- 2- Constantly speaks of themselves and their achievements.
- 3- Have problems creating relationships.
- 4- They don't recognize their mistakes and don't receive constructive criticism well.
- 5- They find it difficult to ask for forgiveness.
- 6- They are intolerant of those who are not like them.



CLOSING PRAYER LITANY OF HUMILITY

O Jesus! meek and humble of heart, Hear me.

From the desire of being esteemed,

Response: Deliver me, Jesus.

From the desire of being loved...

From the desire of being extolled ...

From the desire of being honored ...

From the desire of being praised ...

From the desire of being preferred to others...

From the desire of being consulted ...

From the desire of being approved ...

From the fear of being humiliated ...

From the fear of being despised...

From the fear of suffering rebukes ...

From the fear of being calumniated ...

From the fear of being forgotten ...

From the fear of being ridiculed ...

From the fear of being wronged ...

From the fear of being suspected ...

That others may be loved more than I,

Response: Jesus, grant me the grace to desire it.

That others may be esteemed more than I ...

That, in the opinion of the world,

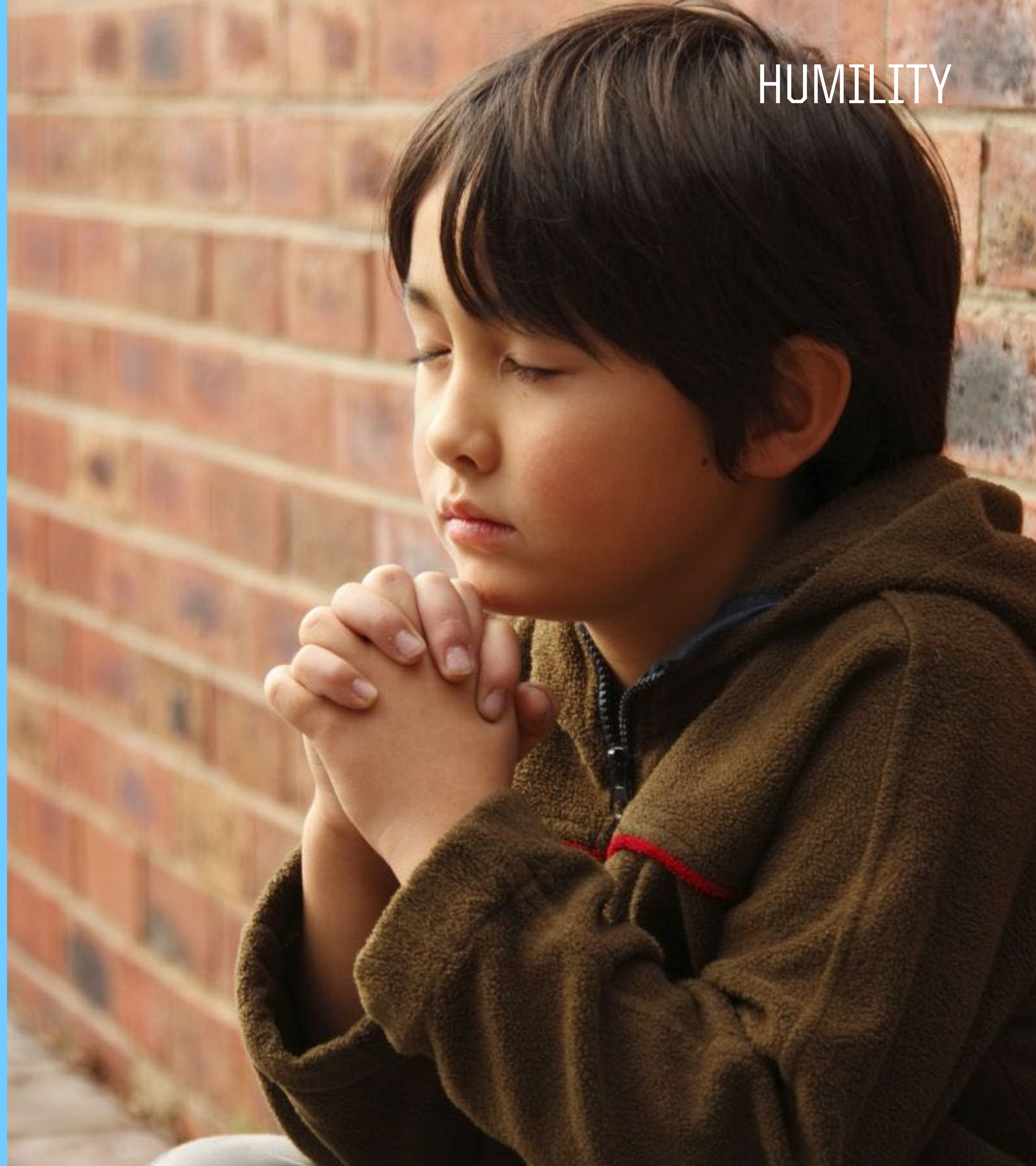
others may increase and I may decrease ...

That others may be chosen and I set aside ...

That others may be praised and I unnoticed ...

That others may be preferred to me in everything...

That others may become holier than I, provided that I may become as holy as I should...



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HUMILITY

MONTHLY NOVENA

DECEMBER 11-19

Monthly Intention: Let us pray that we may grow in the virtue of humility, the strength to put God and others before ourselves.

ADVENT NOVENA

Hail and blessed be the hour and moment
In which the Son of God was born
Of the most pure Virgin Mary, at midnight, in
Bethlehem, in the piercing cold.

In that hour vouchsafe, I beseech Thee, O my God, to hear my
prayer and grant my desires,

(Mention your request).

through the merits of Our Saviour Jesus Christ, and of His
blessed Mother. Amen.

Glory be to the Father and to the Son and to the Holy Spirit, as it
was in the beginning, is now and ever shall be, world without
end. Amen.





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1974 - A Douglass Blvd. Louisville, KY 40205