

Today's readings speak on true humility.

Most sin comes from when we "know more than God." And most of our problems in friendships or relationships come when we place ourselves above other people in our minds and our hearts.

Humility calls us to examine our motives ... and to reflect on our desires.

Are the clothes more important than the person underneath them?

Is someone's station in life more important than their relationships?

Lent calls us to prayer, fasting, and sacrifice ... not for those to be an end in themselves ... as if this is a 40 day session of "Survivor" ... and we just need to stay on the island long enough to win.

Humility is the virtue that gives us a true image of who we are and where we are.

If we think more highly of ourselves than is true, or if we look down on others instead of supporting them ... then we should "turn up" our "humility knob."

Humiliation, on the other hand, is when we live without humility ... and our true situation is exposed to the world. And so, humility ... lived and practiced ... prevents humiliation.

As we approach this altar to receive the Sacred Body and Blood, Soul and Divinity of Jesus Christ, let us pray to see ourselves as we truly are ... sinners, indeed ... yet redeemed by the Sacrifice of Jesus Christ. And fostering the gratitude to God for that gift, let us receive the graces that will form us to live out our Christian calling.