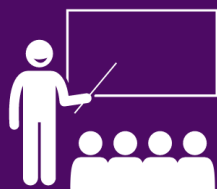




DIOCESE OF SCRANTON

# ROOTED IN CHRIST

LENT 2022



# TEACHING *tuesday*



## ***Grounded in Humility***

In the Gospel reading for today, Tuesday of the Second Week in Lent, Jesus teaches us the meaning authentic discipleship. He tells the crowds to listen to the scribes and Pharisees, and to follow their instruction, but do not to follow their example for they think too highly of themselves. Jesus then teaches us, "Whoever exalts himself will be humbled; but whoever humbles himself will be exalted."

When I was in grade school, my pastor once explained to me that true humility is not belittling yourself but rather seeing yourself as you are including the good, the bad, and the ugly. The root of the word *humility*

comes from the Latin word *humilis* which literally means, “of the earth.” To be humble then means to be grounded in ourselves, and as people of faith, we are called to be grounded or rooted in Christ. If we are honest with ourselves, we realize that while we strive to be good people, we are also broken, sinful and dependent on God’s grace.

Today, think about those areas in your life where you need more humility, especially those moments when you tend to judge or look down upon others. Instead of having a negative view of others, question why you feel that way and what may be lacking in your own life. Ask Jesus, the very embodiment of humility, to fill the void with his compassion and to ground you in his mercy.



For a further meditation on humility, consider reading [Philippians 2:1-11](#) (Christ's example of humility) or pray with the following hymns:

[Only This I Want](#) - Dan Schutte

[Jesus, the Lord](#) - Fr. Roc O'Connor



**David Baloga** is the Director for Worship in the Office of Parish Life. He has worked in several parishes in the Diocese of Scranton as the Director of Music and Worship and Coordinator of the RCIA, and also currently serves as the part-time Director of Music at Immaculate Conception Parish in Scranton. Dave has a great passion for the sacred liturgy, musical theatre, Notre Dame, and the Boston Red Sox. He currently resides in Shavertown with his wife, Laura, and two daughters, Alison and Emily.

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