

## Guidelines to Prayer

**TO BEGIN** pray with these 4 steps. They will be very useful because without them there is no real prayer. If you get distracted, come back to God and repeat these slowly with your heart. If you receive consolation at any time, stay there with God (not forcing yourself to “finish”).

**1. Place yourself in the Presence of God with an ACT OF FAITH.**

All your prayer depends on my faith. Faith is a knowledge that is possessed with an absolute certainty. Begin believing in His Presence: *“God his here with me. I put myself in His Presence.”*

**2. Purifying intentions.**

**Direct all your thoughts, desires and actions towards Him.** Try not to seek yourself but Him. It is an act of charity putting God first in your heart.

**3. Act of Humility.**

Be aware of who God is and who are you. Compare His humility to your pride, His Power and your weakness, His love and your selfishness, His Wisdom and your shortcomings, His beauty and your spiritual ugliness. **Humility is to walk in the truth.**

**4. Act of Trust.**

Confidence or trust together with humility are the two legs that enable us to walk in the spiritual life. The more we have of these, the more we advance in the spiritual life. Never will we have enough trust in the Goodness of God, who is so Merciful and Omnipotent. The more we trust, the more we will receive. **We receive in the measure we trust.**

**PETITION:** My dear Jesus, You have taught me that God is humble. Don't let my pride and vanity separate me from You, the humble God who fulfills the hearts of the humble and disdains the arrogant.

**MEDITATION:** Refer to Daily Prayer Meditations.

**COLLOQUY / DIALOGUE (ask for the grace in this meditation to):**

**MARY:** You know that God saw your humility and lowliness, Mary. And that humility is what caused Him to do marvelous things in and for you. My dear mother, form in me a heart like Jesus - humble and meek. **Pray a Hail Mary.**

**JESUS:** Jesus, You have come to teach us truth, that is, humility. Let me learn constantly from You so I can be a humble disciple. **Pray Anima Christi.**

**GOD THE FATHER:** Our Father, we are Your children, and we can live as your children only by humility. I want to live in the truth, give me a pure and humble heart so your Spirit may work always in me. **Pray the Lord's Prayer.**



*Way of Fire*  
Praying with the Heart

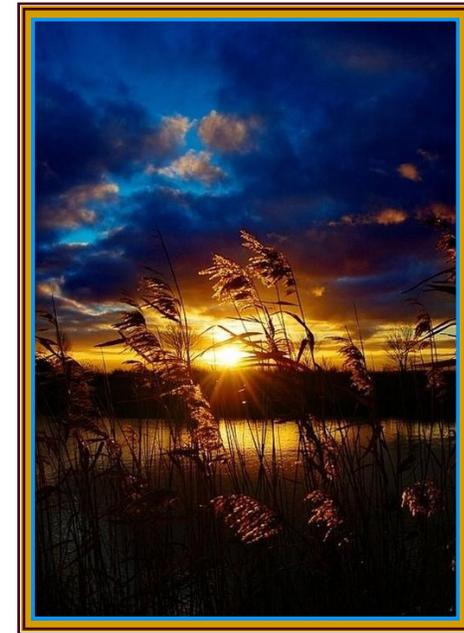
## SESSION 4

### HUMILITY: THE FOUNDATION OF ALL VIRTUES

Lesson Highlights

Daily Prayer Meditations

Guidelines to Prayer



*Do nothing from selfishness or conceit,  
but in humility count others better than yourselves.*

Philippians 2:3

## Lesson Highlights

### Humility: My Power Before God

*Humility is the truth of myself. When the truth of myself has passed from the head to the heart, it permits me to live in the truth. Humility means the reality about me.*

**Humility is self-knowledge.** *The wiser a person is, the more humble is the person.*

*Jesus and Mary were the humblest because they were the wisest.*

Every prayer is founded in humility as Jesus taught us with the publican and the Pharisee. (cf. Luke 18:9-17)

**All neurotic problems and behaviors have a root cause: lack of humility.**  
**All human problems in relationship have a root cause: lack of humility.**  
**The disorder at the root of all sin is self-love and pride; at the root of all virtues is love of God and humility.**

Humility is connected with truth and reality, but not theoretical truths, the truth of myself: my real love, my real weakness, the clear awareness that without Him I can do nothing.

**To be humble and to live before God, in his Presence, are totally united.** Humility will achieve fullness in Heaven when we see who is God and who am I, and how **I totally, absolutely and permanently depend on God and His love**, even for being and acting.

**God cannot work in us outside of truth.** The Holy Spirit is given to us in the measure we acknowledge and accept the truth of God, and our truth in relation with God.

**Humility is founded in the Mercy of God.** Knowing He loves me as I am and in my sinfulness, I have no fear in acknowledging my need of His Mercy, so I boast before Him in my weakness. My poverty recognized before His richness is the opening of my heart to His precious gifts. My sinfulness or my sins recognized before His Mercy is my power before my Savior and Healer.

**The first act of humility is accepting myself**, my story, my situation, my reality. Self-acceptance in the love of God is the foundation of all others virtues.

**Humility is similar to fear of God.** Not to fear God, but to fear me separating from God because I know my weakness, inconsistency and sin. (cf. Sirach 1)

**Humility is the foundation of all virtues** since all virtues come from God. Humility is my power because it permits me to remain in His love, clearly understanding that without Him I can do nothing. (Jn 15:5-9)

**Humility is before God and others;** it is impossible to love without humility. (Phil 2:1-10)

## Daily Prayer Meditations

**Sunday, June 18 - Intention: I accept myself with all my story before the Mercy of God; I accept my reality what ever it is.**

**Humility is first of all self-acceptance.**

O Lord, my heart is not lifted up, my eyes are not raised too high; I do not occupy myself with things too great and too marvelous for me. But I have calmed and quieted my soul, like a weaned child with its mother. (Ps 131:1-2)

**Monday, June 19 - Intention: Humility is founded in His Mercy. I came to save sinners not those who are righteous.**

If you, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with you, so that you may be revered. O Israel, hope in the Lord! For with the Lord there is steadfast love, and with him is great power to redeem. It is he who will redeem Israel from all its iniquities. (Ps 130:1-8)

**Tuesday, June 20 - Intention: Jesus is the most humble, I learn from Him.**

**He who wants to learn true humility should reflect upon the Passion of Jesus. (Saint Faustina)**

Learn from me that I am humble and meek of heart. (Mt 11:25-32)

**Wednesday, June 21 - Intention: Humility is the only way of being before and with God.**

**The humble will experience the kindness of God.**

He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God. (Micah 6:8)

**Thursday, June 22 - Intention: The humble one always has peace. He leads the humble in what is right, and teaches the humble his way.**

But the humble shall own the land, and enjoy the fullness of peace. (Psalm 37:11)

**Friday, June 23 - Intention: God saves and fulfills the humble. Who humbles himself will be exalted.**

Blessed are the poor of spirit, theirs is the Kingdom of God. (Mt 5:3)