

Homily Summary – 22nd Sunday in Ordinary Time (Year C) – The Call to Humility

Overview: Today's readings and Gospel invite us to reflect deeply on humility — seeing ourselves truthfully before God, neither more nor less. True humility opens us to God's grace, His favor, and His wisdom, while pride closes us off. Jesus reminds us: *"All who exalt themselves will be humbled, and those who humble themselves will be exalted"* (Luke 14:11).

Main Points

1. What is Humility?

- Not self-hatred, but truth: *to see ourselves as God sees us* (St. Padre Pio).
- Humility means recognizing that all our gifts — intellect, health, opportunities, and accomplishments — ultimately come from God.
- Pride puts self above God and others; humility puts God first.

2. Scripture on Humility

- *"My child, perform your tasks with humility... The greater you are, the more you must humble yourself; then you will find favor with the Lord"* (Sirach 3:17–18).
- *"All who exalt themselves will be humbled, and those who humble themselves will be exalted"* (Luke 14:11).
- *"Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves"* (Philippians 2:3).

3. The Fruits of Humility

- Draws God's favor and opens us to His secrets (Sirach 3).
- Makes us kind, compassionate, patient, generous, and approachable.
- Helps us accept correction with gratitude rather than pride.
- Strengthens our prayer life and deepens our reliance on God.

4. Humility in Practice

- Asking for prayers — from others and from the saints — is an act of humility.
- Relics remind us of the saints' intercession (cf. 2 Kings 13:21, Acts 19:11–12).
- The Sacraments, especially Reconciliation, keep us rooted in humility.
- Mary is the perfect model: *"He has looked with favor on the lowly state of his servant"* (Luke 1:48).

Catechism References

- CCC 2559: *"Humility is the foundation of prayer."*
- CCC 459: Christ is our model of humility and obedience to the Father.
- CCC 2631: Humble petition is a movement of trust toward God.
- CCC 2684: The saints are models of humility and intercession.

Reflection Questions

1. Do I recognize that all my gifts ultimately come from God, or do I take pride in them as my own?
2. How do I respond when corrected? With humility and gratitude, or with defensiveness?
3. Do I ask others — and the saints — to pray for me as an expression of humility?
4. How can I imitate Mary's humble "yes" to God in my daily life?
5. What step can I take this week to grow in humility before God and others?

"It was pride that changed angels into devils; it is humility that makes men as angels." – St. Augustine

Rhyme summary: Humility bows to God above, gratefully receiving God's mercy and love. Humility knows gifts come from God's *hands*, this dust He has breathed on, by grace do we stand. The proud are brought low, yet the humble raised up. God grants favors and blessings. He fills empty cups. The saints and Our Lady will help us all our days, for humility improves us in so many ways.

Reasons to come to Mass each weekend

Exodus 20:8 - "Remember the sabbath day, and keep it holy."

Acts 2:42 - "They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers."

Hebrews 10:24-25 - "And let us consider how to provoke one another to love and good deeds, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching."

Luke 22:19 - "Then he took a loaf of bread, and when he had given thanks, he broke it and gave it to them, saying, 'This is my body, which is given for you. Do this in remembrance of me.'"

John 6:53-54 - "So Jesus said to them, 'Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day.'"

Matthew 18:20 - "For where two or three are gathered in my name, I am there among them."

Psalms 122:1 - "I was glad when they said to me, 'Let us go to the house of the Lord!'"

Colossians 3:16 - "Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God."

Additional resources to learn more about God and the Catholic faith

- Check out the resource list available on www.frmerkley.com
- Catholic Answers: <https://www.catholic.com/>
- Word on Fire: <https://www.wordonfire.org/>
- Formed: <https://formed.org/>
- The Coming Home Network: <https://chnetwork.org/>
- Catholic Exchange: <https://catholicexchange.com/>
- Dynamic Catholic: <https://dynamiccatholic.com/>
- The Augustine Institute: <https://augustineinstitute.org/>
- Ascension Press: <https://ascensionpress.com/>
- EWTN: <https://www.ewtn.com/>
- The Catholic Company: <https://www.catholiccompany.com/>
- Busted Halo: <https://bustedhalo.com/>
- CatholicCulture.org: <https://www.catholicculture.org/>
- The Thomistic Institute: <https://thomisticinstitute.org/>
- Ignatius Press: <https://www.ignatius.com/>
- Catholic Education Resource Center (CERC): <https://www.catholiceducation.org/>