

**Cycle 16 Return to Nazareth, Capernaum and Three Kinds of Humility**

**Grace:** I ask for what I desire—an intimate knowledge of Jesus, who has become human for me, that I may the better love and follow Jesus.

**Main**

Day 1	Return to Nazareth	Lk 4:14-30 (The Spirit of the Lord is upon me..”)
Day 2	Capernaum	Lk 4:31-44 (“...he commands the unclean spirits..”)
Day 3	Repetition of 1 & 2	
Day 4	Three Kinds of Humility (See below)	
Day 5	Repetition of Three Kinds of Humility	
Day 6	Repetition of Three Kinds of Humility	
Day 7	Appl of Senses on Days 5 & 6	
Day 8	Sunday Liturgy	

REMEMBER THE GROUP MEETINGS ON FEBRUARY 10.

**THREE KINDS OF HUMILITY**  
(Spiritual Exercises 165-167)

The person who has humility recognizes his/her real position in life. First, s/he is a creature of God the Creator and therefore must properly be submissive to the Creator’s will. Secondly, s/he is a fellow brother or sister in Christ of all the other members of Christ’s Mystical Body and therefore, like Jesus Christ, will serve others even at the seeming loss of some personal advantage.

USE THE USUAL METHOD (P.52) WITH THE USUAL GRACE.  
USE EACH LEVEL OF HUMILITY AS A “POINT.”

Consider each of these three levels of humility. Using your intellect and imagination, try to see yourself living each of these. Allow yourself to imagine situations in which you are living these.

There are three levels or degrees of humility.

**FIRST LEVEL**— This first level is the absolute minimum if one wishes to achieve eternal life. I accept Jesus Christ as my savior and as the prototype of what it means to be fully human. Therefore, I strive to imitate Christ in every aspect of my life. I know that serious sin cuts me off

from God and so I would refuse to commit a serious sin even if by doing it I became the richest, most powerful person on earth.

SECOND LEVEL—This is more perfect than the first. I am able to be truly indifferent as to whether I wish riches or poverty, worldly fame and respect or worldly disrepute and shame, a long life or a short one. Rather, I am open to whatever God wishes to give me. I do not want to turn away from God even in the smallest things and so I resist committing even the smallest sins.

THIRD LEVEL— This is the most perfect form of humility. I so much want to imitate Jesus Christ that I want to be treated just as he was. And so, I willingly prefer poverty to riches so that I can be with the poor; I prefer the insults and contempt from worldly people so that I can be like Christ who was despised; I would rather be thought an idiot and a fool because that is what Christ was considered to be by the rich and powerful. In all of this, I am motivated not by some selfish wish for martyrdom or to gain people's sympathy or by some psychological sickness; rather I am freely responding to the grace of God which calls me to this way of living.

Do the Triple Colloquy, with Mary Mother of God, with Mary and Jesus and finally with Mary, Jesus and the Father.

Conclude with an Our Father

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