

Matters of the Heart

Orthodox reflections on faith and life



57 The Mother of All Virtues

True humility is not achieved in belittling or degrading one's self, nor is it in the outward portrayal of some demeaning behaviour. Rather the Lord Himself most accurately models the mother of all virtues. In perfect humility He emptied Himself of glory in order to become the servant of all and carry the burden of our sins.

Humility is simply to stand in the presence of God and recognise our nothingness apart from Him. For out of the dust were we created and brought to life by the breath of our Creator. Apart from God we are left desolate, with the realisation that the only greatness we may lay claim to is being the greatest of sinners (1 Tim 1:15). But the more we advance towards God, the more we comprehend our nothingness and put to death our ego. In doing so we become all the more alive since we make room for the Holy Spirit to dwell within us and to work unto the glory of God.

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“For whoever exalts himself will be humbled, and he who humbles himself will be exalted.”

Luke 14:11

See Also:

Luke 1:51-52

Lord do not resist me due to my ignorant pride, rather teach me to recognise that apart from You I am nothing but dust, sin and death.