FOR ALTHOUGH YOU HAVE HIDDEN THESE THINGS FROM THE WISE AND THE LEARNED,

You have revealed them to the childlike.

MATTHEW 11:25
"For I am Meek and Humble of Heart"
Reflection on Matthew 11:25-30

"I am meek and humble of heart." [T]his is the focus of our readings today. All of us are invited to meditate on what humility might mean in our lives. It is surely not about a lack of self-esteem, because that is a psychological defect, not a virtue! Instead these readings can invite us to reflect on how we relate to others again, and especially on how we present our own beliefs as Catholics, as Christians, to others.

Jesus is, we believe, truly God as well as truly human. Jesus humbles Himself to become human so as to redeem us. Jesus, by becoming a human, is able to be seen and touched and understood by us.

So the challenge is for us to become like others in such a way that others can be heard by us, be touched by us and be understood by us—for the sake of proclaiming the Gospel. We hear this kind of thinking echoed in the writings of Saint Paul in various of his letters. He is willing to become the slave of all in order that Jesus Christ may be proclaimed.

We must hear God today asking us: what are you willing to do in your life to proclaim the message of Jesus Christ to others?

But in order for us to do this, we must ourselves personally come to know Jesus as meek and humble of heart, we must hear His voice speaking to us, we must know His divine presence in our lives, living and loving. Once we know the divine presence so personally, it is practically impossible to remain silent about the Gospel. We find ourselves speaking about what God has done for us—each in his or her own way, but nevertheless proclaiming the Good News of Jesus Christ, who redeems us.

St. Benedict
Patron Saint of Injuries • Feast Day: July 11

Benedict was born into a noble Roman family along with his twin sister, Scholastica. He later left school in search of a more disciplined life and fled to the mountains to live as a hermit. He went on to found a monastery and wrote the rule of his own order. There was a time when the Benedictine rule of prayer and work was represented in over forty thousand monasteries. His discipline was so strong that jealous priests attempted to kill him. In one instance, after blessing a poisoned cup, Benedict made it safe to drink from. Benedict died of a fever in 547 while praying in his monastery and is known as the patron saint of injuries.

Prayer to St. Benedict

O glorious St. Benedict, because of your fervor and generosity Jesus chose you to witness His glory on the Mount and His agony in the Garden. Pray upon this injury so that a healing can occur and the pain dissipates under God’s graces. Ask our Father to protect us from injury as we live our lives according to His Word. Amen.
