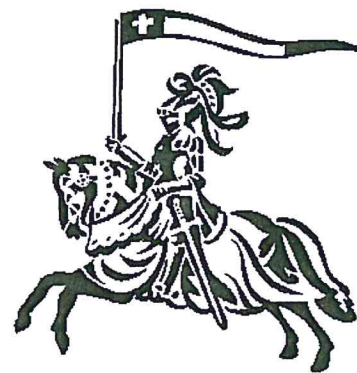


HELPFUL HINTS FOR ATTACKING PRIDE

The sin of pride stifles our spiritual growth. Embracing humility, the spirit of poverty, and obedience helps create an environment where we, like Jesus, can grow in “wisdom and age and grace before God and man” (Lk 2:52). I am protected from pride when I stay little and trust God in all things, when I am aware of my own sinfulness and need for God’s mercy, and when I keep my focus on God’s greater honor and glory.



Pride is one of the heaviest burdens that an intercessor can be asked to carry. It is difficult to carry and triumph over because the sin of pride is within us. It takes tremendous virtue and energies of an intercessor to be obedient, little, hidden, and vulnerable when being assaulted by pride. With God’s help, we can override all our natural tendencies towards this sin of pride.

To help me resist pride, I can . . .

-Resist my pride of authority by:

- *choosing to use self-restraint to reject any temptation that seeks to destroy peace;
- *striving to be friendly, agreeable, pleasant, and considerate to all;
- *choosing to immediately reject any angry feelings or thoughts;
- *making and holding to a decision to never speak while under anger’s influence;
- *choosing to praise others whenever praise is due;
- *choosing to get along well with others regardless of how I am treated; and
- *pondering Jesus’ words, “You would have not authority over me whatever unless it were give to you from above” (Jn 19:11), especially when under temptation to strike back.

-Resist my pride of timidity by:

- *resolving to not let timidity rule my life;
- *pushing myself to participate more fully in life whenever I find myself yielding to timidity;
- *choosing to be free to use my God-given talents and abilities to the best of my ability, rejecting the temptation to be best or first;
- *training myself to only be concerned about what God thinks and choosing not to worry about what others may think or say about me; and
- *taking my identity from God, often pondering and journaling, “Who do You say that I am?”, with the Father, Son, and Holy Spirit.

-Resist my pride of sensitiveness by:

- *studying the cause of my sensitiveness and resolving to not let my feelings rule my actions;
- *praying for those persons who usually offend me the most; and
- *asking God to reveal what He sees in the situations where I am overly sensitive.

-Resist my pride of complacency / vanity by:

- *reminding myself throughout the day that all my talents, gifts, and abilities are from the Lord;
- *resolving to live for God alone and offering every act to Him throughout the day;
- *choosing to give God the credit, honor, and glory in all things;
- *deciding to be completely open, honest and obedient to his/her spiritual director

- *praying for and embracing the virtue of humility; and
- *pondering Jesus' words, "Without me, you can do nothing" (Jn 15:5).

To help me resist spiritual pride, I can . . .

-Embrace humility by:

- *often pondering Jesus' words, "Without me you can do nothing" (Jn 15:5);
- *pondering how indebted I am to God and how inadequate my service is;
- *nurturing a hunger and thirst to be taught;
- *understanding that I cannot reach any degree of holiness without humility and God's grace;
- *choosing to cling to the Father, Son, and Holy Spirit;
- *choosing to place little importance on my good deeds or actions; and
- *examining my motive in all my good works.

-Embrace the spirit of poverty by:

- *choosing to depend upon God for all things;
- *being filled with a horror of anything that will stand between God and myself;
- *continually choosing to turn away from my desires and the spirit of the world;
- *seeking security only in God, not in wealth, material possessions, abilities, honors, et cetera;
- *seeking to share who I am and what I have in service of others for the common good;
- *giving my best to my prayer, ministry, and others; and
- *choosing detachment, seeking to glorify the Father by living simply.

-Embrace obedience by:

- *emptying myself of my preferences in preference for the Father's will;
- *choosing to serve God and give Him all the glory and honor in everything that I do;
- *studying the teachings of the Catholic Church and putting them into practice;
- *being obedient to and of one heart and mind with all the teachings of the Church; and
- *speaking to a priest or my spiritual director about any areas where I have difficulty embracing the Catholic Church's teachings.

-Embrace selflessness by:

- *making it a habit to serve and prefer others over myself;
- *thinking less *about* myself, not less *of* myself;
- *training myself to be open and have a true interest in those around me;
- *consciously not comparing my own spirituality with others;
- *rewording my witness stories to focus on God, not on me, resisting the urge to use the pronoun, "I";
- *resisting the urge to feel happy and proud at progress being made in my spiritual life;
- *preferring to be instructed rather than instruct others; and
- *being completely honest with my spiritual director and confessor.

My protection from pride is staying little, embracing humility, and trusting God in all things; becoming aware of my sinfulness and need for God's mercy; and keeping my focus on God's greater honor and glory. Truly my life is not my own; I am God's consecrated servant. All is gift; may I never claim any of God's gifts as my own and "never boast except in the Cross of our Lord Jesus Christ" (Gal 6:14).