



## **Movements of Humility with Personal Affirmations**

### **Movement One *Our Authentic Search for God***

1. The discovery that God is always with us and within us.  
*“The Lord Almighty is with us; the God of Jacob is our fortress.”* – Psalm 46:7 and 11
  - God is my constant companion.
  - All is sacred – God is in all.
  - I cannot gain more of God – I have all of God present within me.
  - I have no more of God than my neighbor – my neighbor has no more of God than me.
  - God is with me – God is within me – God is with us!
  
2. The discovery that God’s will is best for us.  
*“Your kingdom come, your will be done, on earth as it is in heaven.”* – Mathew 6:10
  - I will seek God’s way, not my own.
  - God is good and seeks good for my life.
  - I will trust God, who created me and blesses me.
  - I will abandon my self to God’s plan.
  - I will pray, “Thy will be done.”
  
3. The discovery that obedience to God results in our highest potential.  
*“He became obedient unto death, even death on a cross.”* – Philippians 2:8
  - My obedience is an expression of my love for God.
  - I will openly listen to God’s Word and the words of others.
  - I will honestly receive spiritual guidance.
  - I recognize that I do not have all of the answers.
  - I am willing to admit that I know I do not know.
  - I am aware that I have a false self and desire to live out of my true self.
  
4. The discovery that life’s difficulties are our greatest teachers.  
*“Weeping may remain for a night, but rejoicing comes in the morning.”* – Psalm 30:5
  - I believe that God will honor my spiritual perseverance.
  - I know and accept the truth the life is difficult.
  - I am willing to endure life’s journey without seeking escape.
  - I believe that life’s journey has a refining quality for me.
  - I embrace the dark night as a part of my spiritual journey.

## **Movement Two** *Our Attentiveness and Obedience to God*

1. The deceptions of our *false-self* must be faced.

*“Put to death, therefore, whatever belongs to your earthly nature – put on the true self, which is being renewed in the image of its Creator.”* - Colossians 3:5 and 10.

- When I confess my sins, God offers me a fresh beginning.
- There is freedom in sharing with a good confessor.
- I commit myself to the life-long process of dismantling my false self, allowing my true self to emerge.

2. Our status in life must be abandoned.

*“If anyone wants to be first, he must be the very last, and the servant of all.”* – Mark 9:35

- I will be content with the lowest and most menial treatment.
- I give up my desire for the best of things.
- I give up my desire for privileged treatment.
- I do not expect to be served.
- I will be satisfied with what I am offered in life.

3. Our defense of self and criticism of others must be put aside.

*“Be merciful, as God is merciful. Do not judge, and you will not be judged. Do not condemn, and you will not be condemned.”* - Luke 6:36-37

- I am willing to assume an inferior status in life.
- I will begin to hear the insightful criticism of my life.
- I am willing to know that I do not know.
- I am willing to see my life through the lenses of God’s mercy.
- I will live my life as a loved-sinner, and see others as the same.

4. The rule of our community must be accepted, refreshed and practiced.

*“The earth is the Lord’s, and everything in it, the world, and all who live in it.”* – Psalm 24:1

- I am willing to renew my traditions in fresh ways.
- I am willing to learn the wisdom of my community.
- I am willing to engage in and be formed by spiritual disciplines.
- I will work for the common good of others and all creation.
- I will work for justice for all of God’s children.
- I will live my life out of a generous hospitality.

**Movement Three**  
*Our Life-long Response to God's Presence*

1. Be quick to listen and slow to speak.

*"Everyone should be quick to listen, slow to speak and slow to become angry."* – James 1:19

- I will control my tongue, my speech, my comments and my responses to others.
- I learn to listen before sharing my opinion.
- I will listen for the voice of God in all things.
- I will observe the practice of silence.

2. Be slow to join in laughter.

*"A fool raises his voice when he laughs, but the wise smile quietly."* – Sirach 21:20)

- I can have fun in life without making fun of others.
- I can find joy in life, without taking away the joy of others.
- I will live an authentic life, giving up the path of foolishness.
- I will be a fool for my faith.

3. Be gentle in speech.

*"In your teaching show integrity, so that your speech cannot be condemned, so that those who oppose you may be ashamed because they have nothing bad to say about you."* - Titus 2:7-8

- I will speak words of peace.
- I will choose my words carefully.
- I will speak the truth in love.

4. Be true to your true self.

*"For we know that our old self was crucified with Christ – we have been freed from sin."* - Romans 6:6-7

- I will be patient with myself as my true self emerges.
- I will walk through life with a humble attitude.
- I will seek a simple, quiet and serene lifestyle.
- I will seek my unique place within the universe.

(The above based upon *The Twelve Degrees of Humility, The Rule of St. Benedict.*)

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