

# The Seventh Degree of Humility

by St. Benedict of Nursia

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*The sermon emphasizes the profound nature of humility as a vital aspect of spiritual life and growth in faith.*

**Scripture:** Psalm 22:7, Psalm 88:9, Psalm 119:71

**Topics:** "Christian Humility", "Spiritual Growth"

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## Description

St. Benedict of Nursia preaches on the seventh degree of humility, emphasizing the importance of considering oneself lower and of less account than anyone else, not just in words but with genuine inner conviction. He encourages humbling oneself deeply, echoing the sentiments of the Prophet who described himself as a worm, the scorn of men, and the outcast of the people. St. Benedict highlights the value of being humbled to learn God's commandments, acknowledging that being exalted first often leads to being humbled and covered with confusion.

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## Transcript

The seventh degree of humility is that he consider himself lower and of less account than anyone else, and this not only in verbal protestation but also with the most heartfelt inner conviction, humbling himself and saying with the Prophet, "But I am a worm and no man, the scorn of men and the outcast of the people" (Ps. 21[22]:7). "After being exalted, I have been humbled and covered with confusion" (Pa. 87:16). And again, "It is good for me that You have humbled me, that I may learn Your commandments" (Ps. 118[119]:71,73).

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