

*Meditations in preparation for the Solemnity of St. Joseph
Institute Servants of the Lord and the Virgin of Matará*

Meditation on Day 21 (March 9)

“Joseph model of humility”

Pray for us!

Humility is a virtue derived from the temperance that inclines us to inhibit or moderate the disorderly appetite of our own excellence, giving us true knowledge of our littleness and misery in relation to God. That is why Saint Teresa said that “humility is the truth, for it is most true that we have nothing good of ourselves but only misery and nothingness: whoever ignores this lives a life of falsehood.”^{1 2}

Among all the favors that God granted to St. Joseph, certainly the most beautiful, was the gift of his deep humility. He lived his entire life simply working alongside Jesus and Mary in the home of Nazareth, exercising the carpenter's trade.

Today we can meditate on this beautiful virtue which adorns the entire Holy Family.

Humility is, as we have already said, the truth, the truth about us and about our reality before God. To this is the invitation of St. Augustine: Noverim me, noverim te: That I may know myself and that I may know you Lord! (...)³

We can reflect:

Are we aware of our littleness before God?

Do I attribute my talents, beauty, virtue, intelligence to myself, or do I recognize that all that is good in me is from God?

Let us ask the grace of Saint Joseph to know who we are in the eyes of God and to grow in this virtue.

¹ St. Teresa of Avila, Interior Castle 10. 7

² Antonio Royo Marin, Moral Theology for Seculares, I, BAC n, 505

³ Rev. Fr. Miguel Angel Fuentes, IVE, Nature and Education of Humility, Virtus Collection, n. 12, pg. 33 (Spanish Edition)