

# Climb the Ladder of Humility

This illustration is an adaptation of Pete Scazzero's work found in his book *Emotionally Healthy Spirituality* (p.133). Use this guide to discover your current level of biblical humility and how you can grow in the days to come. Allow this to challenge you but remember it is a journey, and you are a work in progress.



**Step 8 – Transformed into the Love of God.** I am able to embrace my limits and those of others. I am content with myself and rely on the mercy of God. Everything in life is a gift.

**Step 7 – Quick to Listen and Slow to Speak.** The outcome of a life that seeks God and is filled with wisdom. As the Rule of St Benedict states, “The wise are known for their few words.”

**Step 6 – Deeply Aware of My Sinfulness.** I see myself as potentially weaker and more sinful than anyone around me. This is not self-hate, but an invitation to be kind and gentle.

**Step 5 – Radical Honesty About My Own Shortcomings.** I quite pretending to be something I am not. I admit my weaknesses and limitations to those who care about me.

**Step 4 – Patiently Accepting the Difficulties of Others.** Life with others is full of aggravations. I allow others to figure out their weaknesses on their own and in their own time.

**Step 3 – Submitting Myself to Others in Love.** I give up my arrogance and am open to accepting God's will as it is spoken through others without grumbling or an attitude.

**Step 2 – Doing God's Will (Over My Own or that of Others).** I recognize and accept that surrendering my self-will to God's will for my life is the very heart of spiritual transformation.

**Step 1 – Fear of God and Mindfulness of Him.** I am aware of God's presence and seek to know His will.