

May 29, 2024

*A simple exercise this week from your pastor, aided by an article from Aleteia.*

## 6 Tips to help with Pride

### 1. Humility:

Pride is remedied by its opposite — humility, a virtue acquired through a series of small acts where we are not the center of the act, nor are we seeking to be the center. You want humility: pray (at least once a week) “The Litany of Humility”.

### 2. Become intimate with God:

Attend Mass and Confession. Meditate on the Word of God (cf. Phil 4:8), offer short prayers throughout the day (I like Hail Marys and the St. Michael Prayer). Practice silent adoration in which you simply be with Him, without saying or doing anything. A great way to do this: VISIT OUR ADORATION CHAPEL.

### 3. Practice discretion:

Try not to draw attention to yourself and learn how to give in secret, without anyone being aware of it (Mt 6:1-4). Perhaps try and do it once a day. Doing things without the desire to be acknowledged is a powerful remedy to Pride.

### 4. Accept your emotions, and learn to laugh at yourself:

An independent person who controls everything must first learn to accept who he is, including his emotions, and to not take himself so seriously. I love when I am able to laugh at myself, and not take a situation too seriously.

### 5. Recognize all you owe, and recognize your blessings:

An independent person can gently ease into dependence on God through praise. Recognition (in the full sense of the word) of all you have received. Remember, Gratitude to God, even in difficulty, is a powerful remedy to pride.

### 6. Give yourself to others (the greatest most important Spiritual Law)- The gift of self:

In imitation of Jesus Christ, offer your life (your money, time, friendship, love, etc.) for the betterment of others.

Vivat Jesus,  
Father Vic Gournas