

opusdei.org

## **“Ask for true humility”**

Humility is born of knowing God and knowing oneself. (The Forge, 184)

April 28

Those periods of depression, because you see your defects or because others discover them, have no foundation ... Ask for true humility. (Furrow, 262)

Let us flee from the false humility which is called comfort-seeking. (Furrow, 265)

Lord, I ask for a gift from you: Love,  
a Love that will cleanse me. And  
another gift as well: self-knowledge  
so that I may be filled with humility.  
(The Forge, 185)

The saints are those who struggle  
right to the end of their lives, who  
always get up each time they  
stumble, each time they fall, and  
courageously embark on their way  
once more with humility, love and  
hope. (The Forge, 186)

If your mistakes make you more  
humble, if they make you reach out  
more urgently for God's helping  
hand -- then they are a road to  
sanctity. *Felix culpa!* -- O happy fault!,  
the Church sings. (The Forge, 187)

Humility teaches each soul not to  
lose heart in the face of its own  
blunders. True humility leads us to  
ask for forgiveness. (The Forge, 189)

---

pdf | document generated  
automatically from [https://opusdei.org/  
en-ie/dailytext/ask-for-true-humility/](https://opusdei.org/en-ie/dailytext/ask-for-true-humility/)  
(08/10/2025)