

## “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-nz/dailytext/ask-for-true-humility/](https://opusdei.org/en-nz/dailytext/ask-for-true-humility/)  
(01/29/2026)