

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-us/dailytext/ask-for-true-humility/](https://opusdei.org/en-us/dailytext/ask-for-true-humility/)
(02/21/2026)