

# Holy Scripture, Brethren, Cries Out to Us, Saying

by St. Benedict of Nursia

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*The sermon calls for a deep understanding and practice of humility as the path to spiritual exaltation.*

**Scripture:** Genesis 28:12, Psalm 130:1-2, Luke 14:11, James 4:10

**Topics:** "Christian Humility", "Spiritual Discipline"

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## Description

St. Benedict of Nursia preaches on the importance of humility as a means to exaltation in the eyes of God. He emphasizes the need to avoid pride and instead embrace a humble mindset, drawing from the example of the Prophet who acknowledged his own humility before God. St. Benedict uses the imagery of Jacob's ladder to illustrate the concept that we descend through self-exaltation but ascend through humility, with our actions in this life serving as the steps of humility and discipline that lead us closer to God.

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## Transcript

Holy Scripture, brethren, cries out to us, saying, "Everyone who exalts himself shall be humbled, and he who humbles himself shall be exalted" (Luke 14:11).

In saying this it shows us that all exaltation is a kind of pride, against which the Prophet proves himself to be on guard when he says, "Lord, my heart is not exalted, nor are mine eyes lifted up; neither have I walked in great matters, nor in wonders above me" (Ps. 130[131]:1) But how has he acted? "Rather have I been of humble mind than exalting myself; as a weaned child on its mother's breast, so You solace my soul" (Ps. 130[131]:2).

Hence, brethren, if we wish to reach the very highest point of humility and to arrive speedily at that heavenly exaltation to which ascent is made through the humility of this present life, we must by our ascending actions erect the ladder Jacob saw in his dream, on which Angels appeared to him descending and ascending.

By that descent and ascent we must surely understand nothing else than this, that we descend by self-exaltation and ascend by humility. And the ladder thus set up is our life in the world, which the Lord raises up to heaven if our heart is humbled. For we call our body and soul the sides of the ladder, and into these sides our divine vocation has inserted the different steps of humility and discipline we must climb.

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