

# The First Degree of Humility, Then

by St. Benedict of Nursia

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*The first degree of humility is to keep the fear of God before one's eyes and be mindful of God's commands.*

**Scripture:** Psalm 119:11, Proverbs 9:10, Galatians 5:16, James 4:7, 1 Peter 5:8

**Topics:** "Fear Of God", "Christian Humility"

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## Description

St. Benedict of Nursia emphasizes the importance of the first degree of humility, which involves keeping the fear of God ever before one's eyes and being mindful of God's commandments. He warns about the consequences of despising God and the reward for those who fear Him. St. Benedict urges constant vigilance against sins and vices in every aspect of life, including thoughts, words, actions, and desires of the flesh.

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## Transcript

The first degree of humility, then, is that a person keep the fear of God before his eyes and beware of ever forgetting it. Let him be ever mindful of all that God has commanded; let his thoughts constantly recur to the hell-fire which will burn for their sins those who despise God, and to the life everlasting which is prepared for those who fear Him. Let him keep himself at every moment from sins and vices, whether of the mind, the tongue, the hands, the feet, or the self-will, and check also the desires of the flesh.

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