



# The Harmonious Sonata of Love & Humility



## The Son's fidelity to The Father, Sonata of Love & Humility in perfect harmony

The life of our Lord and Savior Jesus Christ, is the perfect model of abiding Love, crowned with meekness; The Harmonious Sonata of Love & Humility. For centuries, man sought passionately and at all costs to emulate such life. Battling the conflict between love and lust, even to this day, man's way of life remains in conflict with his intended destiny. In itself, his life remains as an unsettling pendulum that sways in two opposite directions. Between the fulfillment of his spiritual needs, and his quests to fulfill his self-seeking obsessions; he labors and is constantly burdened. Consequently, man continues to lose his sensibility to the harmony of Love and Humility, for in the absence of such harmony, man's response to love bears him harsh labor- lust. And a burden that consumes his inmost self and the very goodness he may have- meekness. And such life is far from ever being harmonious. His flesh, draws him outwardly; out into the world and its secular impulses. Burdened, he is pulled down into a deepening void. While his spirit yearns to reach inwardly, seeking refuge for his rest, where he might be liberated, and so to be lifted up towards The Heavenly Refuge. Such is our lives, you and I, when we are in conflict with our intended destiny– The Will of The Father. For when we become consumed by our desires to press, vigorously, so to obtain temporal gains, we will see ourselves ever more oppressed by the fear of losing them, even if our intentions were good. We will labor harshly, and consequently, become burdened more severely.

However, we are given a summons to change our way of life from being in conflict and confusion, to a life of agreement and serenity.

“ <sup>28</sup> Come to me all you that labor and are burdened, and I will refresh you. <sup>29</sup> Take up my yoke upon you, and learn of me, because I am meek, and humble of heart: And you shall find rest to your souls. <sup>30</sup> For my yoke is sweet and my burden light. ” Matthew 11:28-30.

When we change our way of life from being in conflict with our intended destiny, to being in line with the Will of The Father, in Christ, we are refreshed, “**Come to me all you that labor and are burdened, and I will refresh you**”. When we consent to the Will of The Father, in Christ, we are granted worthy of The Lord's own yoke, “**Take up my yoke upon you, and learn of me, because I am meek, and humble of heart:**”. And from this point forth, we resist the temptations to be drawn outwardly, into the world and its secular impulses, and instead, we reach inwardly, where we can be lifted up towards Heavenly Refuge, “**And you shall find rest to your souls**”. Indeed, we shall find rest to our souls when we return to God, and in Christ, we are restored. When we are restored, we can find our way back towards the innermost of our being, so to have the Love of God in our hearts, so to love God for His Love. We say again, to love God for His Love; we must have the Love of God in our hearts. For this reason, we must empty ourselves; desire to be less, and others be more- love of humility. Only then, can our lives be in harmony, “**He must increase: but I must decrease.**” John 3:30.





If one asks us today, is love an abstract concept? Is love solitude? We cannot be humble if we never say that we are wrong, then how can we see the humility of our Lord when nowhere in the Scriptures did He say that He is wrong? There was no guilt in Him, never did He ask forgiveness; was He not humble?

When answering any of these questions, we must do so in light of the Gospel of our Lord Jesus Christ, and the teaching of our One Holy Catholic and Apostolic Church. So, regarding the reality of love, we can say in brief, that we need to remember that the concept of love may very well be abstract, intangible and even indescribable at times. But the expression of love remains always tangible and real. The perfect model to reflect on this reality is the Life, Death and Resurrection of our Lord Jesus Christ- His Cross.

Regarding the second question, also in brief, we say again that we have the perfect model to follow; our Lord Jesus Christ. And to put it plainly, solitude implies the absence of all others, and the most severe state of it, is to be in destitute of sincere companionship. However, if we have our eyes still fixed on The Cross, how can we ever think that love is solitude? Having our eyes still fixed on The Cross, we will unquestionably see that Love is not, and cannot be in seclusion. We have said this before about love, in itself, encompasses a trio; the Lover, the beloved, and the essence of their "unity"- the Love relationship between them.

Remember John 3:16; **"For God so loved the world, as to give his only begotten Son: that whosoever believeth in him may not perish, but may have life everlasting."**

The One Infinite Living and Eternal God, Loving and Humble He Is indeed. Our God and Savior Jesus Christ did not need to speak humbleness; He Lived in absolute and utter humility. Emptying Himself, He came down from heaven, not in speech, but in action. Jesus, The Begotten of The Father, all things were made by Him, **"All things came to be through him, and without him nothing came to be"**, John 1:3. Took upon Himself the frailty of a helpless child in the manger. Spoke to man, taking upon Himself man's language. The Infinite and Divine Love of God, came down from Heaven, for no other reason but, so that the finite and unworthy sinful man can be saved. Do you remember when He, The Only Begotten of God The Father, washed the feet of His Disciples? Do you remember His Passion, when He, The Only Begotten of God The Father, died on The Cross? This Is Love in its most vast intensity, and humility in its ultimate totality; both perfect, both in harmony.

In St. Francis of Assisi's prayer, praising God, among many virtues he listed of God, he said, "My God and My All! You are Love, you are Wisdom, you are Humility....". Indeed, God Is absolutely Humble. For only God Is capable to empty Himself (and He did, for our sake, and for the sake of the whole world). He became less, He became man, for no other reason but to save man.





## Litany of Humility

Let us pray:

O Jesus! Meek and humble of heart,  
From the desire of being esteemed,

From the desire of being loved,  
From the desire of being extolled,  
From the desire of being honored,  
From the desire of being praised,  
From the desire of being preferred to others,  
From the desire of being consulted,  
From the desire of being approved,  
From the fear of being humiliated,  
From the fear of being despised,  
From the fear of suffering rebukes,  
From the fear of being calumniated,  
From the fear of being forgotten,  
From the fear of being ridiculed,  
From the fear of being wronged,  
From the fear of being suspected,

That others may be loved more than I,  
That others may be esteemed more than I,  
That, in the opinion of the world, others may increase  
and I may decrease,  
That others may be chosen and I set aside,  
That others may be praised and I unnoticed,  
That others may be preferred to me in everything,  
That others may become holier than I, provided that  
I may become as holy as I should,

Hear me.  
deliver me, Jesus.

deliver me, Jesus.  
deliver me, Jesus.  
deliver me, Jesus.  
deliver me, Jesus.  
deliver me, Jesus.  
deliver me, Jesus.  
deliver me, Jesus.  
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deliver me, Jesus.  
deliver me, Jesus.  
deliver me, Jesus.  
deliver me, Jesus.  
deliver me, Jesus.  
deliver me, Jesus.

Jesus, grant me the grace to desire it.  
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Jesus, grant me the grace to desire it.

Cardinal Rafael Cardinal Merry del Val (1865-1930)  
<http://www.ewtn.com/Devotionals/prayers/humility>

