



## Humility of Heart

By Fr Cajetan Mary Da Bergamo

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Paperback. 188 pages. Dimensions: 8.0in. x 5.0in. x 0.5in. Humility may not inappropriately be called the starting post in that race for Heaven of which the Apostle speaks. It is the terminus a quo in the spiritual life. It is the first of the many lessons set before us in the school of sanctity----a difficult lesson, I grant you, and one which nature seeks to shirk or to put off indefinitely, but for the man who means to graduate for Heaven there is no escape from it. Accordingly our Divine Master, who is not exacting, reminds all His would-be followers, without distinction, that they must learn this lesson, get it well by heart, and into the heart; for Humility is the alphabet out of which every other virtue is formed and built up. It is the soil of the garden of the soul, the good ground on which the Divine Sower goes forth to sow His seed. It is in the school of Christ, and from the lips of Christ Himself that we must learn Humility. Learn of Me, because I am meek and humble of heart....

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