

Humility is the very name of God

Patristic reading

Learn not from an angel, nor from man, nor from a book, but from me, that is, from my indwelling, from my illumination and action in you

Humility is a nameless grace in the soul, its name known only to those who have learned it by experience. It is unspeakable wealth, a name and gift from God, for it is said: Learn not from an angel, nor from man, nor from a book, but from me, that is, from my indwelling, from my illumination and action in you; for I am meek and humble in heart and in thought and in spirit, and your souls shall find rest from conflicts and relief from thoughts (cf. Mt 11:29).

St John Climacus, *The Ladder* XXV,3