

Modesty and Humility: signs of greatness and true inner strength

Modesty and humility are two very important traits in our human lives on earth. They really are two of the biggest signs of greatness and true inner strength that there are. These are the strengths that keep us from bragging and trying to be better than we really are. In the dictionary, modesty and humility are described as almost meaning the same thing. Modesty is the having or showing a moderate estimation of one's self. It also means being decent, reserved and unpretentious. Humility means to be humble. Humble is showing awareness of your limitations, or not being proud. It also means deeply respectful. Not having these virtues is pretty much disrespecting yourself and God.

Modesty is a very important virtue. (6) It is all about self-respect, self-esteem and self-expression; and all of these things take inner strength to succeed. It is also about understanding who you are without trying to get attention about it. You can earn modesty by having personal determination and by having the mindset of Jesus. One way to show modesty is in the way you dress. Being modest in your dress is not wearing too short of skirts and shorts and not wearing too low of shirts. (1) You can also show modesty in your attitudes, personal life and speech. (4) You can show modesty in your attitudes by not showing off or acknowledging something about yourself. (6) Modesty in normal life is quietness, humility and simplicity. Being modest also means not trying to make yourself better by adding things to your appearance or subtly show off the things we have. A good way to get the mindset to be modest is to excel to glorify God and to live toward God and others, not yourself.

Humility is an other great virtue. (7) It is pretty much the acknowledgement of our limitations as well as our gifts, talents and abilities. (8) Humility gives you the ability to raise yourself and love others. It can also be shown in several ways. (5) Mostly you can show it by not wanting or asking for more things than what you have. This can take great strength and show greatness when you really want something, but don't ask for it because you are a humble person. You can show humility by not bragging about things. (2) To be humble is to be free from pride and pretension. (5) Humility can result in a better relationship with God. It helps us because we are saying we are humans with limits so we need God's help to be able to live on this earth. Humility can help us achieve the goal of eternal life.

Modesty and humility really accent the way you live. These things keep you chaste and pure. If you follow these traits you can make it to heaven untouched and pure. Not having these traits makes you disrespectful to God and sometimes hurtful to others. These traits show greatness by the way you reach that high point when you have respect and others know you as someone that doesn't brag or say things to raise yourself up. They show inner strength by the way you have to fight with yourself to not do the things that draw attention to yourself and just accepting who you are. That is what modesty and humility are all about; accepting who you are.

- (1) The Essential Catholic Handbook published by Ligouri
- (2) The New Saint Joseph Baltimore Catechism; Number 1 explained by Father Bennet C.P.
- (3) The New Saint Joseph Baltimore Catechism; Number 2 explained by Father Bennet C.P.
- (4) www.churchofgod.org/about/modest_appearance.cfm
- (5) www.siscom.net/~direct/christianattitudes/humility.htm
- (6) www.allaboutgod.com/modesty.htm
- (7) www.wordwise.wordpress.com/2007/07/18/humility-versus-modesty
- (8) www.meaningfullife.com/torah/holidays/8b/you_guide_to_personal_freedom