

St. Benedict's 12 Steps of Humility Restated for Today  
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1. "you place your need for God before your eyes, and don't avoid it"
2. "you let go of your own wishes and comfort, and imitate the saying of the Lord, /  
*have come not to do my own will, but the will of him who sent me*"
3. "you are accountable to someone for the love of God"
4. "when accountability is hard, and fidelity really costs, you hang in"
5. "When you get into a mess, you don't hide it from those who have a claim on your  
trust"
6. "you don't live in constant expectation of getting something you don't already have,  
and are grateful for what God has given you"
7. "you don't just pretend to be mature and self-accepting, but you really have come to  
that place"
8. "you follow the same rules as everyone, and don't exempt yourself from responsible  
adult behavior"
9. "you don't use your tongue as a weapon"
10. "you don't use humor at the expense of others"
11. "you speak kindly, carefully, honestly, clearly"
12. "The twelfth step of humility is that you always manifest humility in your bearing no  
less than in your heart, so that it is evident at prayer, in Church, at home or outside,  
when traveling or in the workplace. Whether you sit, walk, or stand, your posture  
should be natural and relaxed, with your eyes looking directly at whatever is before  
you. Knowing all of your weakness and sins, you are mindful of God's judgment and  
forgiveness, and you constantly say in your heart what the publican in the Gospel  
said with downcast eyes: *Lord, I am a sinner, not worthy to look up to heaven.*"