

The Road to Christlike Character

October 19, 2025

Ten Thirty O'Clock



Humility

An Antidote to the Restless Competition for Recognition

All virtues – patience, generosity, kindness, etc. –
grow in the soil of humility.

Without it, Christian Character cannot take root and grow.

To cultivate the soil of humility:

1. Speak less and listen more.
2. Choose the back of the line – on purpose.
3. Refrain from constantly managing your image.
4. Do something kind.
Do it anonymously.
5. Own your shortcomings – apologize regularly.
6. Resist the urge to name-drop or subtly show off.
7. Be open to criticism.
Consider: *Does it contain a kernel of truth?*
8. Give thanks for the source of your gifts.
(God, parents, mentors, luck, etc.)

The Daily Examen

A Daily Check-In with God

1. Ask for God's Spirit to guide.

*God, help me see my day the way you see it –
not just from my own limited perspective.*

2. Say thank you.

*This day was a gift. Thank you, God,
for the big and small blessings of the day.*

3. Replay your day.

Take a slow walk back through what happened today.

When did I give and receive Christ's love?

When did I give and receive the least love?

What was the most life-giving part of my day?

What was the most life-thwarting?

*When did I have the deepest connection
with God, others and myself?*

When did I have the least sense of connection?

When did I live out of the fruit of the Spirit?

Where was there absence of the fruit of the Spirit?

4. As you celebrate your successes, own your mistakes.

*Be honest about where you fell short –
things you did or said or things you failed to do or say.*

*Bring these to God with openness,
trusting in Divine mercy and forgiveness.*

5. Look ahead.

Think about tomorrow.

Where will you need God's help, strength or guidance?

Invite God to be with you in the day to come.

