



Vanity Check

LUKE 14: 1, 7-14

"Humble yourselves that he might exalt you. Hold back nothing of yourselves for yourselves, that he may receive your all who gave his all to you."
St Francis of Assisi

ICEBREAKER



Would you rather?

1. Would you rather be hairy all over or completely bald?
2. Would you rather forget who you were or who everyone else was?
3. Would you rather have a third leg or a third arm?

HOW WOULD YOU DEFINE VANITY? WHAT IS A VAIN PERSON LIKE?

REFLECT: DO YOU THINK VANITY IS SOMETHING YOU STRUGGLE WITH?

WATCH THIS VIDEO FROM FR MIKE SCHMITZ "THIS IS THE CHRISTIAN SOLUTION TO VANITY" AND REFLECT ON THE QUESTIONS THAT FOLLOW



How does Fr Mike define vanity?



Why does Fr Mike argue that it's a good and important thing to care what other people think about you? _____

Another word for inordinate Fr Mike uses is "im_____".



Two types of attitudes are discussed regarding vanity.



Signs of wanting to be noticed

- Puffed-up _____.
- Loudest person.
- C_____ of A_____



Signs of NOT wanting to be noticed

- Shrinks _____
- Don't want anyone to _____ at me.
- Refuses to share _____.



Both attitudes come from the same wound:

"I care an _____ amount about what people think about me."

Vanity can be a reason why people won't share their faith or what they believe about Jesus, or the truth about God. What does Fr Mike mean by this?



Do you agree? Have you ever held back from expressing opinions about faith or morality because you were worried what others might think? How did that make you feel?

VANITY CHECK

LUKE 14: 1, 7-14

Why does Fr Mike suggest it's not helpful or appropriate to assign vanity as a label to people?

Whose heart do we really know (or should know!)?

Choose a different way!

Whose opinion should we care more about? How can we do that?



Now Read Luke 14: 1, 7-14



Am I vain? No-one likes that question. No-one wants to be considered vain. Vain people are arrogant, loud, they want to be the centre of attention and seek praise - that's not me, is it?

In the Gospel today, Jesus teaches us of the danger of exalting ourselves. Being humbled is, well, humiliating, and no one wants that!

Serving others, putting others first and not looking for reward is what we are called to to build up the Kingdom of God. Imagine a world where everyone thinks of others first; a world without selfishness, pride, greed, vanity: it's possible through Jesus and His teachings.

This week might be a good opportunity to reflect on any struggles with pride and vanity that we might have: Fr Mike's video offers a deeper take on vanity and the wounds that can cause it and effect our lives and the lives of those around us.



MISSION!

PRAY THE LITANY OF HUMILITY PRAYER - IT'S A PRETTY GOOD EXAMINATION OF CONSCIENCE TO LET US KNOW WHERE WE'RE AT WITH VANITY AND HUMILITY IN OUR LIVES. AND LASTLY, TRUST THAT WE HAVE A LOVING GOD WHO WILL HEAL ALL OUR WOUNDS, NEVER TAKES HIS EYES OFF US, AND INVITES US TO WORK AND ACHIEVE FOR HIS GLORY, NOT THE APPROVAL OF OTHERS!



PRAYER TIME!

From the fear of being forgotten, from the fear of being ridiculed, from the fear of being wronged, from the fear of being suspected, deliver me Jesus!
(Full Litany of Humility on attached page)



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON HUMILITY THIS WEEK

YouTube

- Heart of Worship (Matt Redman)
- The Litany of Humility (Danielle Rose)
- When it's all been said and done (Robin Mark)
- The Litany of Humility (Thomas Muglia)
- I Shall Not Want (Audrey Assad)
- Make me over (Natalie Grant)
- The Real Me (Natalie Grant)
- Who am I (Casting Crowns)



1:33 MINS



Do everything for the glory of God (Fr Patrick Cahill)

9:11 MINS



The Story of Fr Stu (Movie Trailer)



Litany of Humility

THE LITANY OF HUMILITY IS ATTRIBUTED TO CARDINAL MERRY DEL VAL WHO WAS THE SECRETARY OF STATE TO POPE SAINT PIUS X (1903-1914)

O Jesus, meek and humble of heart,
From the desire of being esteemed,
From the desire of being loved,
From the desire of being extolled,
From the desire of being honoured,
From the desire of being praised,
From the desire of being preferred to others,
From the desire of being consulted,
From the desire of being approved,
From the fear of being humiliated,
From the fear of being despised,
From the fear of suffering rebukes,
From the fear of being calumniated,
From the fear of being forgotten,
From the fear of being ridiculed,
From the fear of being wronged,
From the fear of being suspected,

hear me.

deliver me O Jesus.

deliver me O Jesus.

deliver me O Jesus.

deliver me O Jesus.

deliver me O Jesus.

deliver me O Jesus.

deliver me O Jesus.

deliver me O Jesus.

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deliver me O Jesus.

deliver me O Jesus.

That others may be loved more than I,
Jesus, grant me the grace to desire it.

That others may be esteemed more than I,
Jesus, grant me the grace to desire it.

That, in the opinion of the world,
others may increase and I may decrease,
Jesus, grant me the grace to desire it.

That others may be chosen and I set aside,
Jesus, grant me the grace to desire it.

That others may be praised and I go unnoticed,
Jesus, grant me the grace to desire it.

That others may be preferred to me in everything,
Jesus, grant me the grace to desire it.

That others may become holier than I,
provided that I may become as holy as I should,
Jesus, grant me the grace to desire it.

