

**The Question of the Week**

“Jesus said: ‘Whoever exalts himself will be humbled;  
And whoever humbles himself will be exalted.’”

Luke 18: 14

Which is it? Am I humbling myself or am I exalting myself? Sometimes we are the last to know. Here’s something. Ask someone who really knows you and whom you trust, about this very thing. Now, I could say just ask them if they believe you are someone who is more prone to exalt yourself or more likely to humble yourself? Who can answer that question? If you were to ask that question in that way it is probably more likely that you believe you do not exalt yourself and you expect them to back you up with what they say. Will you really be getting a thoroughly truthful answer? Sometimes those who know us can be brutally frank though and not at all upset about delivering “the truth” with a kind of firmness. “It’s for your own good, you know” is the thinking. But the truth is not ever to be used as a cudgel or a weapon to inflict pain or to defeat a person or rob them of their hope. Especially not to devastate them and feel justified in the doing.

And yet, we do need to hear the truth about ourselves and to be able to process any difficult or uncomfortable words about us. With that in mind try this. Ask them if they see signs in you where you tend to exalt yourself. Do they see signs in you where they believe you are humbling yourself. This little exercise is not to be about an “all or nothing approach” to life. The exercise is to help us come to a realization, with the help of someone who loves us and whom we trust, to identify an area or two where we still need to make some changes and to live the gospel message of Jesus more accurately.

The truth about ourselves is many times hidden from us. That is why the person asked must be someone who loves us and only wants what is best for us, even if it might be difficult to hear something about ourselves. Remember. It was Jesus who spoke this way. It is Jesus who sees us as we really, not as we would like to be or sometimes pretend that we are. He wants us only and always to be our very best self. He has promised us the assistance necessary to accomplish. But to do so we have to start with an acknowledgement of the truth about ourselves. Is there not someone you know who can help? That is the question of the week.