

# THE WHOLE CAUSE OF MISERY:

**Moving from the Vice of Pride to the Virtue of Humility**



UNDERSTANDING  
THE VICE OF PRIDE

1/ The Prideful Soul is Self-Referential

"Pride is not thinking much of yourself,  
it is thinking of yourself far too much."

**JEFF COOK**



Et nos videtis quibus et sine peccatis  
sunt lapidati et in honore et novissis judicati



et in honore tantum in eis et in honore novissis eorum





Superbia

2/ The Pridedeful Soul is Competitive



"Pride goes no pleasure out of having something, only having more of it than the next person. You may think you're proud of being successful, or intelligent or good looking, but really you aren't. You're only proud of being more successful, more intelligent, more good looking than other people. When you are in the presence of people who are much more successful, intelligent, and good looking, you lose all pleasure in what you had because you really had no pleasure in it [to begin with]."

**C.S. LEWIS**

"Envy consists in seeing things never in themselves, always in their relations. If you desire glory, you may envy Napoleon, but Napoleon envied Caesar, Caesar envied Alexander, and Alexander, I daresay, envied Hercules, who never even existed."

**BERTRAND RUSSELL**

3/ The Prideful Soul is Empty

"There was once in man a true happiness of which there now remains to him only; the mark and empty trace, which he in vain tries to fill from all his surroundings, seeking from things absent the help he does not obtain in things present? But these are all inadequate, because the infinite abyss can only be filled by an infinite and immutable Object, that is to say, only by God Himself."

**BLAISE PASCAL**

"My drive in life comes from a fear of being mediocre. That is always pushing me. I push past one spell of it and discover myself as a special human being but then I feel I am still mediocre and uninteresting unless I do something else. Because even though I have become somebody, I still have to prove that I am somebody. My struggle has never ended and I guess it never will."

**MADONNA**

MOVING FROM PRIDE  
TO HUMILITY

"Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. Therefore God has highly exalted him and bestowed on him the name that is above every name, so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father."

**PHILIPPIANS 2:5-11**

"Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, **humility**, gentleness and patience."

**COLOSSIANS 3:2**



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**COLOSSIANS 3:2**

1/ Worship Deliberately

2/ Serve Anonymously

3/ Accept Humiliations Willingly

4/ Practice Self-Reflection Regularly

Have I refused to admit my own weaknesses?

Have I dwelt on the failings of others?

Am I overly occupied with my appearance or performance?

Have I judged others, in my thoughts or words?

Have I ranked myself better than others?

Have I borne hatred for another?

Have I refused to learn from others?

Have I been stubborn? Refused to admit I was wrong?

Refused to accept that another person had a better idea?

Have I been arrogant? Thought of myself too highly?

Have I been insecure? Thought of myself too lowly?

Have I been overly concerned about what others think?

Have I held others in contempt?