**BOOK ONE:** THOUGHTS HELPFUL IN THE LIFE OF THE SOUL

**Chapter 1:** Imitating Christ & Despising All Vanities on Earth

**Humility:** A modest or low view of one’s own importance.

Proverbs 11:2: When pride comes, then comes disgrace, but with humility comes wisdom.

James 3:13-16: Who is wise and understanding among you? Let them show it by their good life, by deeds done in humility that comes from wisdom. But if you harbor bitter envy and selfish ambition in your heart, do not boast about it or deny the truth. Such wisdom does not come down from heaven, but is earthly, unspiritual, demonic. For where you have envy and selfish ambition, there you find disorder in every evil practice.

**Quote:**

“What good does it do to speak learnedly about the Trinity if, lacking humility, you displease the Trinity?”

**Discussion:**

Why is humility more important than knowledge when serving God?