

Virtue – Humility

עֲנָוָה

Ah-na-vah / humility

noun / hu•mil•i•ty / hyü-'mi-lə-tē

the quality or state of not thinking you are better than other people:

the quality or state of being humble

Guide For Your Circle

1

ICE - BREAKER

Ask each person to introduce themselves, and to share with the group:

(a) their name; and

(b) a part of their day they would like to bring with them as they begin this conversation, and/or a part of their day they would like to leave behind

2

RECAP LAST MONTH'S VIRTUE

Ask the group to reflect on how they fared with their commitment from the last month

- Did you achieve your commitments around this virtue?
- What challenges did you face?
- What surprised you about the experience?
- Did your understanding of the virtue change over the month?

3

DISCUSS NEXT MONTH'S VIRTUE

Compare Ben Franklin's definition of the virtue with the passage from Pirkei Avot. Use the questions below to help guide the conversation.

4

MAKE YOUR COMMITMENT:

Before your meeting ends, set a goal for yourself for how you can better live that month's virtue. Share it with the group and plan to follow up on how you did at your next meeting.

Example: Part of being humble is learning to listen, to show others they are as important as you are. To practice humility, could you try to listen more intently and interrupt less?

Side-By-Side: Ben Franklin And Pirkei Avot

BEN FRANKLIN'S DEFINITION:

Imitate Jesus and Socrates.

PIRKEI AVOT

(PA 2:4)

Rabbi Eleazar ben Shamua said, Let the honor of your disciple be as dear to you as your own; and the honor of your friend, as the reverence for your master; and the reverence for your master as the reverence for Heaven.

(PA 4:13) and He used to say Do His will as you would do your own will, so that He may do your will just as He does His will. Set aside your will for the sake of His will, so that He may set aside the will of others before your will.

Questions To Ask The Group

- There are a lot of different ways to think about humility. By referencing Jesus and Socrates, Franklin suggests that humility involves thinking of yourself as unimportant and undistinguished, and being a loving servant or others. How would you define it?
- How is Moses also a paragon of humility? What does it mean that he is the leader of the Israelites?
- Why is it important to be humble? How does it improve the community?
- How does Judaism emphasize both humility and service?
- Is there a danger in being too humble? When does humility become servility or obsequiousness? Have you ever been too humble?