

Because God is supremely Truth, and Truth is Humility.

“It is most certainly true that we have nothing good of ourselves,
only misery and nothingness.

If this is unacceptable to anyone who lives a false life, the person fully realising this
truth is the one pleasing to God, supreme Truth, for she walks in the Truth.

God grant, sisters, that we may have the grace never to lose this self-knowledge!

Amen.”

(The Interior Castle, St Teresa of Avila)

Our lady appearing to St Simon Stock.



The next passage refers to Christ being the Way, the Truth and the Light, and

“If anyone loses their guide, Jesus, they will never find the way...” “Our Lord himself clearly tells us he is ‘the way’ and ‘the light’ and that no man comes to God except via him; also Jesus says , he who sees me sees the Father also’ ” (John 8:12; 14:6,9)

