



---

## **2.7.12 The Path to True Humility**

True humility is only possible when we have found some access to our true being. If we were still identified with the ego and wanted to educate it, we would have to constantly belittle our entire being.

However, once we have found access to the inner joy that comes from connection with God, we can continually bring the ego down from its high horse - without feeling bad about ourselves.

The deep appreciation we experience when we realize that God truly desires to dwell within us fills us profoundly.

We are then no longer dependent on satisfying the ego.

**From true humility springs great strength. It enables us to be placed fully in the service of God.**

### **A message through Martin Luther's life journey**

A generous friend gave me a book about Martin Luther (Martin Luther, the German Reformer, from 1856). It conveys his spirit in a very direct way.

Reading this book became an intense and moving encounter with Martin Luther for me.

In a prayer, I received the following message:

***If God takes you, then let yourself be taken - and great things will happen.  
Despite your imperfection, let yourself be taken and trust in God.***

The courage to entrust ourselves to God arises from humility.

Courage is the other side of the coin of humility.

In German, this connection is more apparent, as the word 'Demut' literally includes 'Mut,' meaning courage.

Martin Luther lived this truth.

---

**Source URL:** <https://baum-des-lebens.org/the-inner-path/path-true-humility>