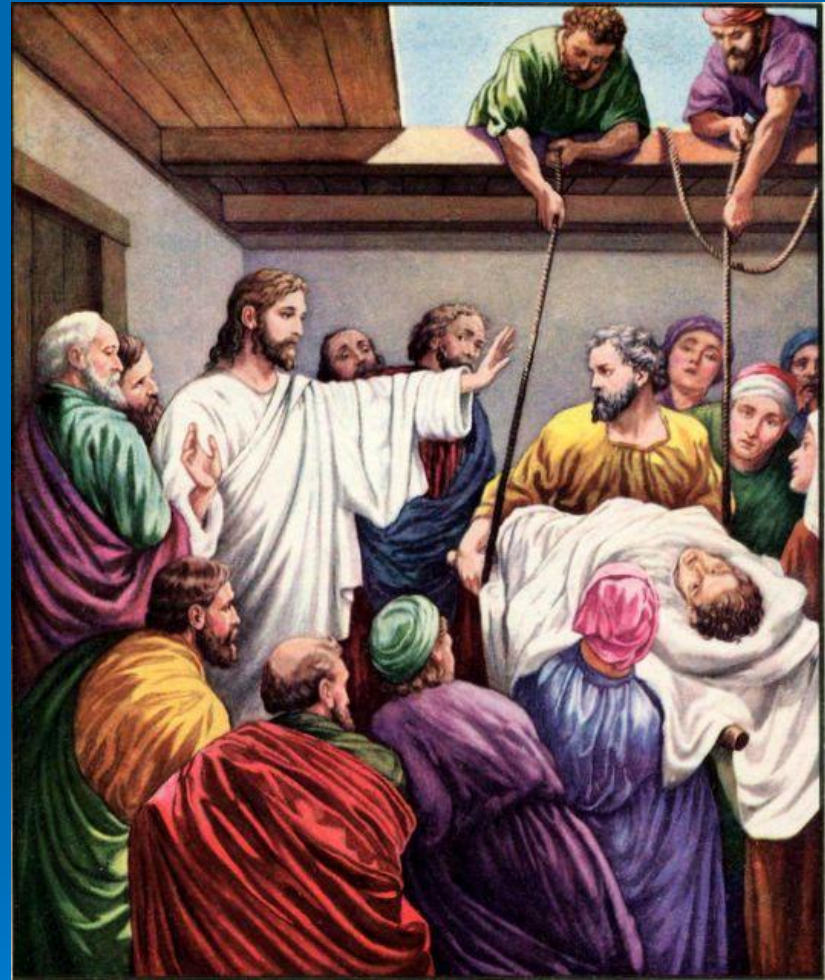
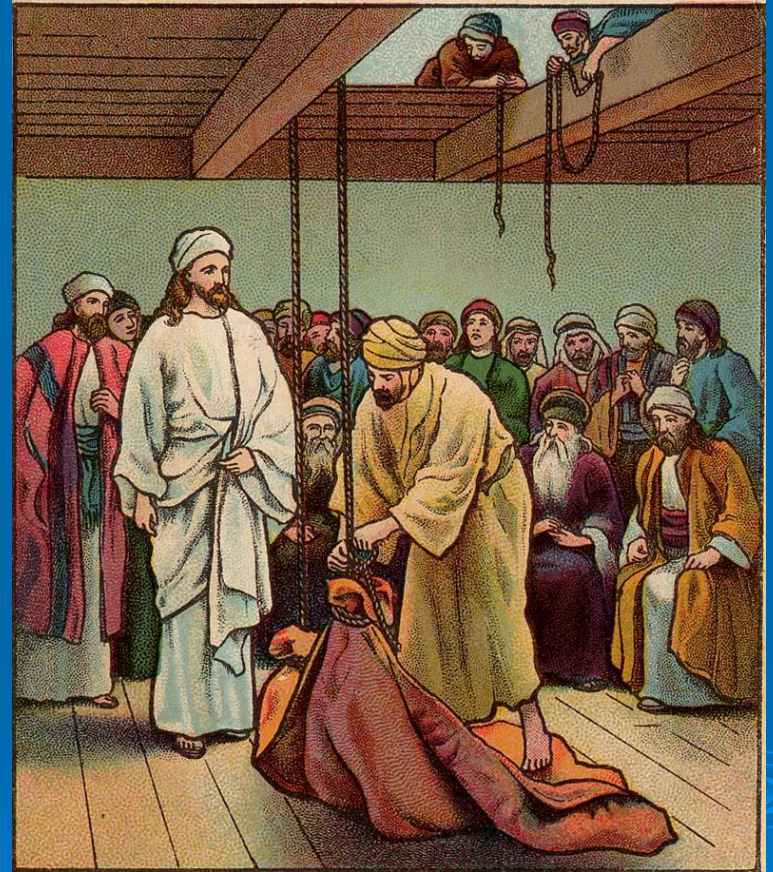


**When He saw
their faith, He
said to him,
“Man, your
sins are
forgiven you”**

Luke 5:20



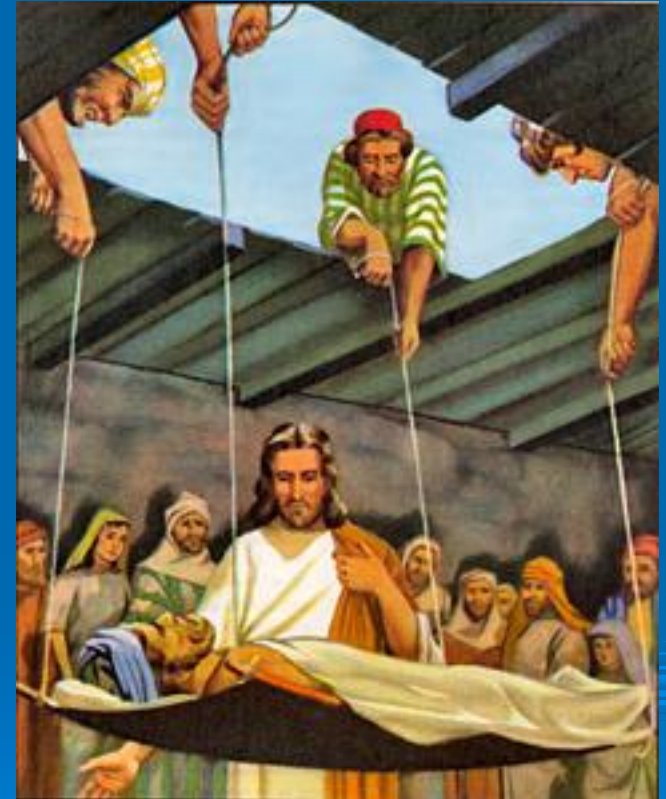
**Selflessness:
the blessed
mother of
virtues**



Selflessness in biblical examples and words ⁽¹⁾

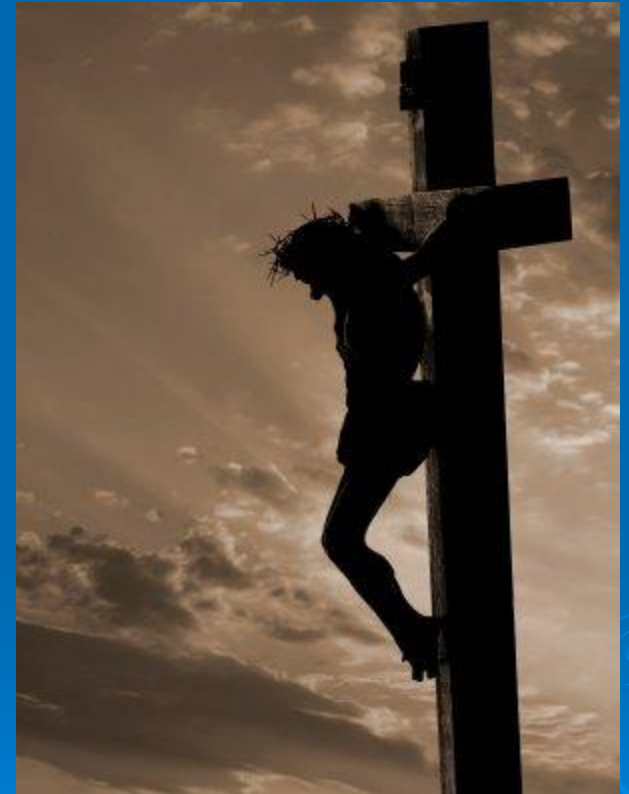
- The four friends of the paralytic in today's gospel
- “Let each of you look not only to his own interests, but also to the interests of others”

Philippians 2:4



Selflessness in biblical examples and words (2)

- God loves in a selfless way:
“Greater love has no one than this, than to lay down one’s life for his friends” *John 15:13*
- St. Paul’s example of love:
“And I will very gladly spend and be spent for your souls; though the more abundantly I love you, the less I am loved”
2 Corinthians 12:15



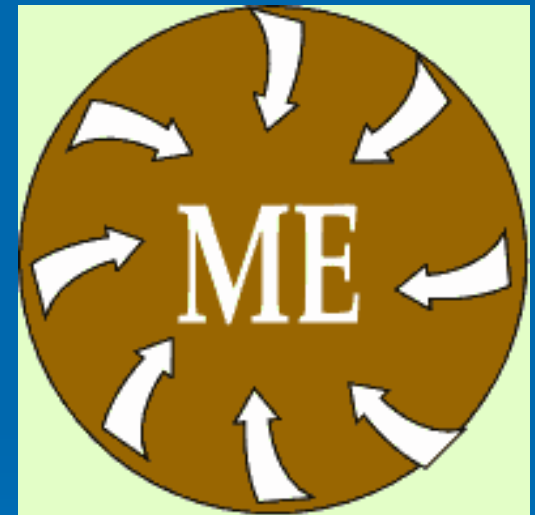
Selflessness' definition in actions ⁽¹⁾

1. Its sole focus is the well-being of others.
2. It is in letting others choose first before oneself and finding joy in doing so.
3. It is in sharing all what we have with those around us.
4. It is in being the first to work and the last to seek rest



Selflessness' definition in actions (2)

- 5. It is not concerned always about me, my, and I!
e.g., the service of praise
- 6. It is not in competing with everyone for what we think we are entitled to



Selflessness' definition in actions ⁽³⁾

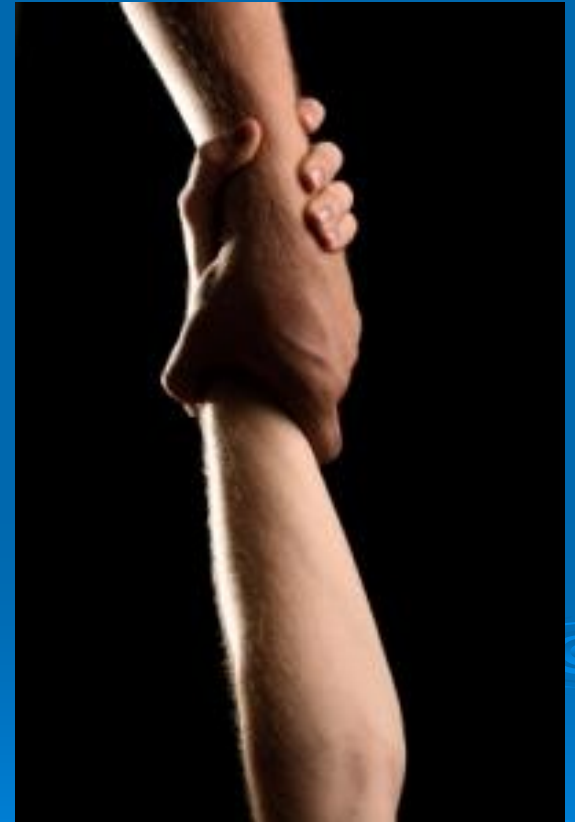
7. While choosing a task, it is always in selecting the dirtiest, most dangerous or hardest job for yourself first - leaving all the better jobs for others.
8. It is in striving for perfection in all you do - offering the best possible work and services to as many as needed.



Selflessness' definition in actions (4)

9. It is in the readiness to physically and/or spiritually bow to the feet of all creation
- “Wisdom ceases to be wisdom when it becomes too proud to weep, too grave to laugh, and too selfish to seek other than itself.”

Khalil Gibran



The reward of Selflessness ⁽¹⁾

1. It conquers pride. In a true selfless action, we are not acting to feed our egos and receive the flattery of the world.
2. It expands and frees our minds and hearts to identify joy in others' happiness and success.



The reward of Selflessness ⁽²⁾

3. Selflessness is an attractive virtue that can lead us to true friendship.
4. It is the virtue that links us: the family of God.
5. It is rewarded in the nearness to God, and worthiness for the companionship of the Spirit.
6. Selflessness is its own reward



The reward of Selflessness ⁽³⁾

“Only those who have learned the power of sincere
and selfless contribution, experience life's
deepest joy: true fulfillment”

Anthony Robbins

