

# SHARING THE JOY OF THE GOSPEL

## *St. Thomas Aquinas & Humility and Excellence*

This month, our saint is **St. Thomas Aquinas**, who loved asking questions and learning about God, and our virtue is **humility and excellence**. This means knowing we need God's help in everything and trying our best. It's about giving thanks to God for everything we have and using it to help others.



### IN DEPTH

Humility means recognizing that we need God's help in everything we do and giving thanks for our gifts. Excellence means trying our best in all things, not to show off, but to give glory to God. Remember, everything we have - including our talents - are gifts from God. Humility and excellence work together to help us live in a way that brings us closer to God and helps others.

St. Thomas Aquinas is a wonderful example of these virtues. As a child, he loved learning about God and asking questions to better understand Him. He had a brilliant mind, but he never let his intelligence make him proud. Instead, he stayed humble, knowing that his wisdom and talents were gifts from God. He worked hard to use those gifts to teach others about God's love.

Like St. Thomas, we can practice humility and excellence by giving thanks for our blessings, doing our best in all we do, and using our gifts to help others, and admitting when we need help.

### OTHER RESOURCES

- Saints Alive Podcast: [St. Thomas Aquinas + Activity](#) (Ages 8+)
- Photo of St. Thomas Aquinas ([Wikicommons](#))
- Biography + Video ([BeKids](#))

# TIPS FOR GROWING AS A FAMILY

## Do In Secret

- Part of doing things with humility is doing them without expecting recognition or reward. Parents and children alike can choose to do something kind or to do chores quietly, without bringing attention to it or expecting anything in return, even appreciation. (Mt 6:2-6)

## Model Forgiveness and Admit Mistakes

- Parents can set an example of humility by admitting their own mistakes and asking for forgiveness. This openness teaches children that humility involves owning up to errors and seeking reconciliation, making forgiveness a central part of family life.

## Encourage Dependence on God

- Regular family prayer time reminds everyone that God is the source of all goodness. Praying together, whether through mealtime prayers, the Rosary, or spontaneous prayer, fosters humility by helping the family recognize their dependence on God.

## Model and Encourage Excellence

- Whether in work, school, sports, hobbies, or housework, parents and children alike should strive for excellence. This does not only mean success– you do not have to win to be excellent. It means giving your best effort and attitude, not letting failures or setbacks stop you, and asking and thanking God for the grace and talents He has given each of you.

## Emphasize Growth in Virtue and Character

- Rather than focusing solely on external achievements, excellence in a family context includes helping each member grow in virtues like patience, gratitude, and charity. Families can practice these virtues together through small daily habits, like showing patience in conflicts or expressing thanks during meals and prayer.