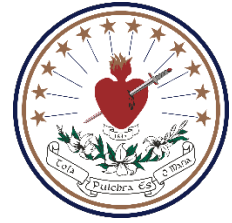


Mission Moment – Villa Maria

February 2025

Self-Abnegation



This year we are looking at the community virtues of Humility, Simplicity, Self-Abnegation and Devoted Charity. Tonight, we take a deeper look at Self-Abnegation.

Self-abnegation, according to St. Alphonsus Liguori, involves the denial of one's own will and desires in order to align more perfectly with the will of God. For St. Alphonsus, this practice is essential to the spiritual life because it fosters humility, detachment from worldly concerns, and greater reliance on divine providence. He emphasizes that true self-abnegation is not about mere external acts of sacrifice but requires an interior disposition of surrender and trust in God's plan. This virtue leads to greater freedom from selfish inclinations and opens the soul to the transformative grace of God.

During this month of February when everything reminds us of the 'heart', let us remember that Christ's heart is open for everyone. Let us imitate Christ's detachment from worldly concerns and complete reliance on His Father's plan. Let us renew our efforts to reach out to the needy among us and thus find greater freedom from our own selfish inclinations. In this way we are being transformed by the grace of God.