

## **The Litany of Humility**

For private use only.

Lord Jesus. Meek and humble of heart, *Hear me.*

From the desire of being esteemed, *Deliver me, Jesus.*

From the desire of being loved, *Deliver me, Jesus.*

From the desire of being extolled, *Deliver me, Jesus.*

From the desire of being honored, *Deliver me, Jesus.*

From the desire of being praised, *Deliver me, Jesus.*

From the desire of being preferred to others, *Deliver me, Jesus.*

From the desire of being consulted, *Deliver me, Jesus.*

From the desire of being approved, *Deliver me, Jesus.*

From the fear of being humiliated, *Deliver me, Jesus.*

From the fear of being despised, *Deliver me, Jesus.*

From the fear of suffering rebukes, *Deliver me, Jesus.*

From the fear of being calumniated, *Deliver me, Jesus.*

From the fear of being forgotten, *Deliver me, Jesus.*

From the fear of being ridiculed, *Deliver me, Jesus.*

From the fear of being wronged, *Deliver me, Jesus.*

From the fear of being suspected, *Deliver me, Jesus.*

That others may be loved more than I, *Jesus, grant me the grace to desire it.*

That others may be esteemed more than I *Jesus, grant me the grace to desire it.*

That, in the opinion of the world, others may increase and I may decrease, *Jesus, grant me the grace to desire it.*

That others may be chosen and I set aside, *Jesus, grant me the grace to desire it.*

That others may be praised and I unnoticed, *Jesus, grant me the grace to desire it.*

That others may be preferred to me in everything, That others may become holier than I, provided that I may become as holy as I should, *Jesus, grant me the grace to desire it.*

Amen.