

THE LITANY OF HUMILITY

O 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, Jesus, grant me the grace to desire it.

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.

Jesus, grant me: knowledge and love of my nothingness, the continuous memory of my sins, awareness of my selfishness, the abhorrence of all vanity, the pure intention of serving God, perfect submission to the Will of the Father, a true spirit of compunction, blind obedience to my superiors, holy hatred of all envy and jealousy, promptness in forgiving offenses, prudence in keeping silent about others' matters, peace and charity toward everyone, an ardent desire for contempt and humiliations, the yearning to be treated like Thee, and the grace of knowing how to accept it in a holy way.

Holy Mary, Queen, Mother, and Teacher of the humble, pray for me. Saint Joseph, protector and model of the humble, pray for me. Saint Michael, the Archangel, who was the first to bring down the arrogant, pray for me. All Saints, sanctified by the spirit of humility, pray for me.

Let us pray: Lord Jesus Christ, though being God, Thou didst humble Thyself even unto death, and death on the Cross, in order to be a constant example for us to confound our pride and self-love. Grant us the grace to imitate Thine example, so that by humbling ourselves as befits our wretchedness here on earth, we may be exalted and enjoy Thee in heaven forever. Amen.