

## ***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 become as holy as I should,  
***Jesus, grant me the grace to deserve it.***