

LITANY OF HUMILITY

O Jesus, meek and humble of heart, hear me.

From the desire of being esteemed, ... **deliver me, O Jesus.**

From the desire of being loved, ... **deliver me, O Jesus.**

From the desire of being extolled, ... **deliver me, O Jesus.**

From the desire of being honored, ... **deliver me, O Jesus.**

From the desire of being praised, ... **deliver me, O Jesus.**

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

From the desire of being consulted, ... **deliver me, O Jesus.**

From the desire of being approved, ... **deliver me, O Jesus.**

From the fear of being humiliated, ... **deliver me, O Jesus.**

From the fear of being despised, ... **deliver me, O Jesus.**

From the fear of suffering rebukes, ... **deliver me, O Jesus.**

From the fear of being calumniated, ... **deliver me, O Jesus.**

From the fear of being forgotten, ... **deliver me, O Jesus.**

From the fear of being ridiculed, ... **deliver me, O Jesus.**

From the fear of being wronged, ... **deliver me, O Jesus.**

From the fear of being suspected, ... **deliver me, O 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 go 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.**