

Litany of Humility

O Jesus, meek and humble of heart,
From the desire of being esteemed,
From the desire of being loved,
From the desire of being extolled,
From the desire of being honored,
From the desire of being praised,
From the desire of being

preferred to others,
From the desire of being consulted,
From the desire of being approved,
From the fear of being humiliated,
From the fear of being despised,
From the fear of suffering rebukes,
From the fear of being calumniated,
From the fear of being forgotten,
From the fear of being ridiculed,
From the fear of being wronged,
From the fear of being suspected,
That others may be loved

more than I,

That others may be

esteemed more than I,

That, in the opinion of the
world, others may increase

and I may decrease,

That others may be

chosen and I set aside,

That others may be praised

and I go unnoticed,

That others may be

preferred to me

in everything,

Hear me.

Deliver me, O Jesus.

Deliver me, O Jesus

Deliver me, O Jesus

Deliver me, O Jesus

Deliver me, O Jesus

Deliver me, O Jesus

Deliver me, O Jesus

Deliver me, O Jesus

Deliver me, O Jesus

Deliver me, O Jesus

Deliver me, O Jesus

Deliver me, O Jesus

Deliver me, O Jesus.

Deliver me, O Jesus

Deliver me, O Jesus

Deliver me, O Jesus

Jesus, grant me the grace to desire it.

Jesus, grant me the grace to desire it.

Jesus, grant me the grace to desire it.

Jesus, grant me the grace to desire it.

Jesus, grant me the grace to desire it.

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.

AMEN
