

## LITANY OF HUMILITY

O Jesus, meek and humble of heart! *Give ear to my prayer*  
From the desire to be esteemed, *Deliver me, O Jesus.*  
From the desire to be loved, *Deliver me, O Jesus.*  
From the desire to be exalted, *Deliver me, O Jesus.*  
From the desire to be honoured, *Deliver me, O Jesus.*  
From the desire to be praised, *Deliver me, O Jesus.*  
From the desire to be preferred to others, *Deliver me, O Jesus.*  
From the desire to be consulted, *Deliver me, O Jesus.*  
From the desire to be 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 being rebuffed, *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 made fun of, *Deliver me, O Jesus.*  
From the fear of being offended, *Deliver me, O Jesus.*  
From the fear of being the object of suspicion, *Deliver me, O Jesus.*

That others be more loved than me, *Jesus grant me the grace to desire it.*  
That others be esteemed more than me, *Jesus grant me the grace to desire it.*  
That others might grow in the opinion of the world and myself diminish, *Jesus grant me the grace to desire it.*  
That others might be chosen and myself put aside, *Jesus grant me the grace to desire it.*  
That others might be praised and myself neglected, *Jesus grant me the grace to desire it.*  
That others might be preferred to me in all things, *Jesus grant me the grace to desire it.*  
That others might become more holy than me, insomuch as I become as holy as I can, *Jesus grant me the grace to desire it.*

Amen.