

# 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...*

*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,*

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

*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 unnoticed ...*

*That others may be preferred to me in everything...*

*That others may become holier than I, provided that I may become as holy as I should...*