

# The Litany of Humility

O Jesus merciful and humble of heart,

Hear me.

From the desire of being admired,

Deliver me, Jesus.

From the desire of being loved,

Deliver me, Jesus.

From the desire of being praised,

Deliver me, Jesus.

From the desire of being favored,

Deliver me, Jesus.

From the desire of being accepted,

Deliver me, Jesus.

From the desire of being consulted,

Deliver me, Jesus.

From the desire of being well known,

Deliver me, Jesus.

From the desire of being honored,

Deliver me, Jesus.

From the fear of being criticized,

Deliver me, Jesus.

From the fear of being ridiculed,

Deliver me, Jesus.

From the fear of being humiliated,

Deliver me, Jesus.

From the fear of being falsely accused,

Deliver me, Jesus.

From the fear of being persecuted,

Deliver me, Jesus.

From the fear of being disbelieved,

Deliver me, Jesus.

From the fear of being despised,

Deliver me, Jesus.

From the fear of being forgotten,

Deliver me, Jesus.

That others may be loved more than I,

Jesus, grant me the grace to deserve it.

That others may be admired more than I,

Jesus, grant me the grace to deserve it.

That others may be praised though  
I may be unnoticed,

Jesus, grant me the grace to deserve it.

That others may be chosen though  
I may be set aside,

Jesus, grant me the grace to deserve it.

That others may be preferred to me  
in receiving social honors,

Jesus, grant me the grace to deserve it.

That, in the opinion of the world,  
others may increase in  
prominence, while I remain  
hidden,

Jesus, grant me the grace to deserve it.

Though others will do what they want,  
may my life be a radiant reflection  
of Your Glory,

Jesus, grant me the grace to deserve it.

Amen.