

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.*

Charity is patient, is kind; charity does not envy, is not pretentious, is not puffed up, is not ambitious, is not self-seeking, is not provoked; thinks no evil, does not rejoice over wickedness, but rejoices with the truth, bears with all things, believes all things, hopes all things, endures all things. (1 Cor. 13:4-7). To have Charity is to love God above all things for Himself and be ready to renounce all created things rather than offend Him by serious sin. (Matt. 22:36-40)