

Litany of Humility

(In group recitation, people respond with the highlighted portion)

O Jesus! meek and humble of heart,	Hear me.
From the desire of being esteemed,	Deliver me, Jesus.
From the desire of being loved,	Deliver me, Jesus.
From the desire of being extolled,	Deliver me, Jesus.
From the desire of being honored,	Deliver me, Jesus.
From the desire of being praised,	Deliver me, Jesus.
From the desire of being preferred to others,	Deliver me, Jesus.
From the desire of being consulted,	Deliver me, Jesus.
From the desire of being approved,	Deliver me, Jesus.
From the fear of being humiliated,	Deliver me, Jesus.
From the fear of being despised,	Deliver me, Jesus.
From the fear of suffering rebukes,	Deliver me, Jesus.
From the fear of being calumniated,	Deliver me, Jesus.
From the fear of being forgotten,	Deliver me, Jesus.
From the fear of being ridiculed,	Deliver me, Jesus.
From the fear of being wronged,	Deliver me, Jesus.
From the fear of being suspected,	Deliver me, Jesus.

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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 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.

Let us Pray:

Lord Jesus, You invite all of us to come to You. Bless us in our daily life.

Give us the grace to live life with love, patience, and joy. Help us to reflect

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Your light to those we meet and let us never hinder their journey toward You.

AMEN.