

# Litany of Humility

Cardinal Merry de Val

**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 honoured – **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.**

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.**

**Amen.**