

HOW TO PRAY

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,
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.

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