

Litany of Humility

O Jesus! Meek and humble of heart ... **hear me.**

From the <i>desire</i> of being	esteemed	...	deliver me, Jesus.
"	loved	...	deliver me, Jesus.
"	extolled	...	deliver me, Jesus.
"	honored	...	deliver me, Jesus.
"	praised	...	deliver me, Jesus.
"	preferred to others	...	deliver me, Jesus.
"	consulted	...	deliver me, Jesus.
"	approved	...	deliver me, Jesus.
"	understood	...	deliver me, Jesus.
"	visited	...	deliver me, Jesus.

From the <i>fear</i> of being	humiliated	...	deliver me, Jesus.
"	despised	...	deliver me, Jesus.
"	rebuked	...	deliver me, Jesus.
"	calumniated	...	deliver me, Jesus.
"	forgotten	...	deliver me, Jesus.
"	ridiculed	...	deliver me, Jesus.
"	suspected	...	deliver me, Jesus.
"	wronged	...	deliver me, Jesus.
"	abandoned	...	deliver me, Jesus.
"	refused	...	deliver me, Jesus.

That others may be loved 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.

Amen.

Glossary:

- extolled – praised enthusiastically.
- rebuked – receive sharp disapproval or criticism because of your behavior or actions.
- calumniated – have false and defamatory statements made about you.