

Litany of Humility

But the Lord said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. - 2 Corinthians 12:9

O Jesus! meek and humble of heart,
Hear my prayer.

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 slandered,
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 by loving God and neighbor above all else and putting others' needs before my own.

Jesus, grant me the grace to desire it.

