

LITANY OF HUMILITY
Cardinal Merry de Val (1865-1930)

O Jesus! meek and humble of heart, hear me.
From the desire of being esteemed, deliver me, O Jesus.
From the desire of being loved, deliver me, O Jesus.
From the desire of being extolled, deliver me, O Jesus.
From the desire of being honored, deliver me, O Jesus.
From the desire of being praised, deliver me, O Jesus.
From the desire of being preferred to others, deliver me, O Jesus.
From the desire of being consulted, deliver me, O Jesus.
From the desire of being approved, deliver me, O Jesus.

From the fear of being humiliated, deliver me, O Jesus.
From the fear of being despised, deliver me, O Jesus.
From the fear of suffering rebukes, deliver me, O Jesus.
From the fear of being forgotten, deliver me, O Jesus.
From the fear of being ridiculed, deliver me, O Jesus.
From the fear of being wronged, deliver me, O Jesus.
From the fear of being suspected, deliver me, O Jesus.

That others may be loved more than I, O Jesus, grant me the grace to desire it.
That others may be esteemed more than I, O Jesus, grant me the grace to desire it.
That, in the opinion of the world, others may increase and I may decrease, O Jesus, grant me the grace to desire it.
That others may be chosen and I set aside, O Jesus, grant me the grace to desire it.
That others may be praised and I unnoticed, O Jesus, grant me the grace to desire it.
That others may be preferred to me in everything, O 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, O Jesus, grant me the grace to desire it.
AMEN.