

LITANY OF HUMILITY

O Jesus, meek and humble of heart! Hear me.

From the desire of being esteemed,
From the desire of being loved,
From the desire of being sought after,
From the desire of being honored,
From the desire of being praised,
From the desire of being preferred to others,
From the desire of being consulted,
From the desire of being approved,

Deliver me, Jesus.

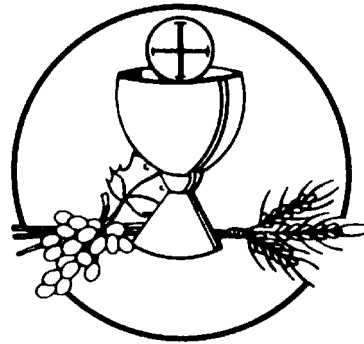
From the fear of being humbled,
From the fear of being despised,
From the fear of suffering rebuffs,
From the fear of being calumniated,
From the fear of being forgotten,
From the fear of being ridiculed,
From the fear of being injured,
From the fear of being suspected,

Deliver me, Jesus.

That others may be loved more than I,
That in the opinion of the world, others may increase,
and I may decrease,
That others may be chosen and I set aside,
That others may be praised and I unnoticed,
That others be preferred to me in everything,
That others may be more holy than I,
provided I may become as holy as I should.

Jesus, grant me the grace to desire it.

– Rafael Cardinal Merry del Val
recited as Thanksgiving after Eucharist



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