

## Litany of Humility - Time needed: 5 minutes

### 1. Make the Sign of the Cross.

*In the name of the Father, and of the Son, and of the Holy Spirit. AMEN.*

### 2. Call on Jesus to hear your petitions.

*O Jesus! Meek and humble of heart, Hear me.*

### 3. Ask Jesus to deliver you from the desire for people to see you in a particular way or light. After each petition, respond with, "Deliver me, Jesus."

*From the desire of being esteemed, (Deliver me, Jesus)*

*From the desire of being loved, (Deliver me, Jesus)*

*From the desire of being extolled, (etc.)*

*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,*

### 4. Ask Jesus to deliver you from the fears that prevent you from living life with compassion for God, others, and yourself. After each petition, respond with "Deliver me, Jesus."

*From the fear of being humiliated, (Deliver me, Jesus)*

*From the fear of being despised, (etc.)*

*From the fear of suffering rebukes,*

*From the fear of being calumniated,*

*From the fear of being forgotten,*

*From the fear of being ridiculed,*

*From the fear of being wronged,*

*From the fear of being suspected,*

### 5. Ask Jesus to guide you toward loving your neighbors before yourself. Respond with, "Jesus, grant me the grace to desire it."

*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, (etc.)*

*That others may be chosen and I set aside,*

*That others may be praised and I unnoticed,*

*That others may be preferred to me in everything,*

*That others may become holier than I, provided that I may become as holy as I should,*

### 6. Conclude with the Sign of the Cross.

*In the name of the Father, and of the Son, and of the Holy Spirit. Amen.*