

## LITANY OF HUMILITY

### **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 acclaimed,  
From the desire of being honored,  
From the desire of being praised,  
From the desire of being preferred,  
From the desire of being consulted,  
From the desire of being approved,  
From the desire of being valued,

**Lord Jesus, free me!**

From the fear of being humbled,  
From the fear of being despised,  
From the fear of being dismissed,  
From the fear of being rejected,  
From the fear of being defamed,  
From the fear of being forgotten,  
From the fear of being ridiculed,  
From the fear of being wronged,  
From the fear of being suspected,  
From resenting that my opinion is not followed,

**Lord Jesus, free me!**

That others may be loved more than I,      **Jesus, make this my prayer**  
That others may be esteemed more than I,  
That others will increase in the opinion of the world and I decrease,  
That others will be chosen, and I set aside,  
That others may be praised, and I overlooked,  
That others may be preferred to me in everything,

**I pray:**

**Lord, Jesus, though you were God, you humbled yourself to the extreme of dying on a cross, to set an enduring example to the shame of my arrogance and vanity. Help me to learn your example and put it into practice so that, by humbling myself in accordance with my lowliness here on earth, you can lift me up to rejoice in you forever in heaven. Amen.**