

LITANY OF HUMILITY

The litany of humility, for private devotions, is a moving prayer that can bring us closer to Christ. Do you worry constantly about what others think of you? Do you feel empty or frustrated if you're not the center of attention? The litany of humility asks for our Lord's assistance in humbly following in His footsteps and casting aside, or at least offering up to Him, all those nagging doubts and fears that come with our self-centeredness.

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

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 calumniated,

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,

Jesus, grant me the grace to desire it.

The last petition of the litany of humility powerfully suggests what holiness entails: loving God and neighbor above all else, putting others' needs before ours.

In seeking God's help to cast out our sins of pride we are in tune with our Lord's famous Gospel message "He who exalts himself will be humbled and he who humbles himself will be exalted" (Matt 23:12).