

Litany of Humility

Cardinal Merry del Val

He was accustomed to recite this prayer daily after the celebration of Holy Mass.

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 defamed, *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 become as holy as I should,
Jesus, grant me the grace to desire it.