

# Litany of Humility

The Litany of Humility is a prayer that is commonly used in private devotions. While there are a few versions of this prayer, all of them bring us closer to Christ. Try praying it once a day for a week, write a short journal entry after you pray it, or write your own Litany of Humility. However you choose to pray the Litany, it's a wonderful way to offer yourself to God.

O Jesus! meek and humble of heart, **hear me.**

From the desire of being esteemed, **deliver me, O Jesus.**

From the desire of being loved, **deliver me, O Jesus.**

From the desire of being extolled, **deliver me, O Jesus.**

From the desire of being honored, **deliver me, O Jesus.**

From the desire of being praised, **deliver me, O Jesus.**

From the desire of being preferred to others, **deliver me, O Jesus.**

From the desire of being consulted, **deliver me, O Jesus.**

From the desire of being approved, **deliver me, O Jesus.**

From the fear of being humiliated, **deliver me, O Jesus.**

From the fear of being despised, **deliver me, O Jesus.**

From the fear of suffering rebukes, **deliver me, O Jesus.**

From the fear of being calumniated, **deliver me, O Jesus.**

From the fear of being forgotten, **deliver me, O Jesus.**

From the fear of being ridiculed, **deliver me, O Jesus.**

From the fear of being wronged, **deliver me, O Jesus.**

From the fear of being suspected, **deliver me, O 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.**

