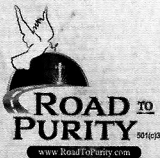
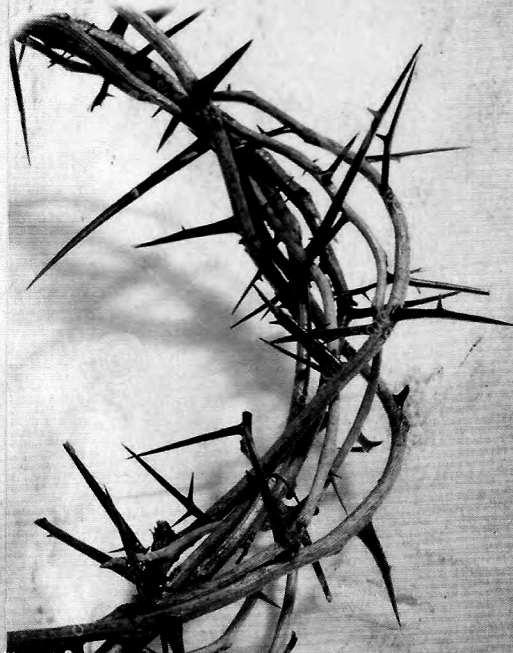


# Litany of Humility



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 unnot-  
ticed,  
... *Jesus, grant me the grace to desire it.*  
That others may be preferred to me in ev-  
erything,  
... *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.*

... *Amen*