

Litany of Humility

(for private devotion only)

Which His Eminence Cardinal Merry del Val was accustomed to recite daily after the celebration of Holy Mass.

O 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 extolled,

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,

Deliver me, Jesus.

From the fear of being humiliated,

From the fear of being despised,

From the fear of suffering rebukes,

From the fear of being calumniated,

From the fear of being forgotten,

From the fear of being ridiculed,

From the fear of being wronged,

From the fear of being suspected,

Deliver me, Jesus.

That others may be loved more than I,

That others may be esteemed more than I,

That in the opinion of the world, others may increase,

and I may decrease

That others may be chosen and I set aside,

That others may be praised and I unnoticed,

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.

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