



Litany of Humility

*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 exalted,
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.*

***O Jesus, meek and humble of Heart,
grant that my heart may be like Yours.***