# *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.***